



ANSWERS

- | | | |
|---------------------------------|----|-------|
| 1. Scream, yell, or kick | | DON'T |
| 2. Remain calm | DO | |
| 3. Break things | | DON'T |
| 4. Ask for help | DO | |
| 5. Relax | DO | |
| 6. Find a calming area | DO | |
| 7. Close your eyes and count | DO | |
| 8. Remain positive | DO | |
| 9. Play with a fidget toy | DO | |
| 10. Hit | | DON'T |
| 11. Read | DO | |
| 12. Talk it out | DO | |
| 13. Break the rules | | DON'T |
| 14. Threaten others | | DON'T |
| 15. Blame others | | DON'T |
| 16. Listen to music | DO | |
| 17. Go for a walk | DO | |
| 18. Do some chores to calm down | DO | |