

GETTING BETTER ALL THE TIME

HOW TO CALM DOWN



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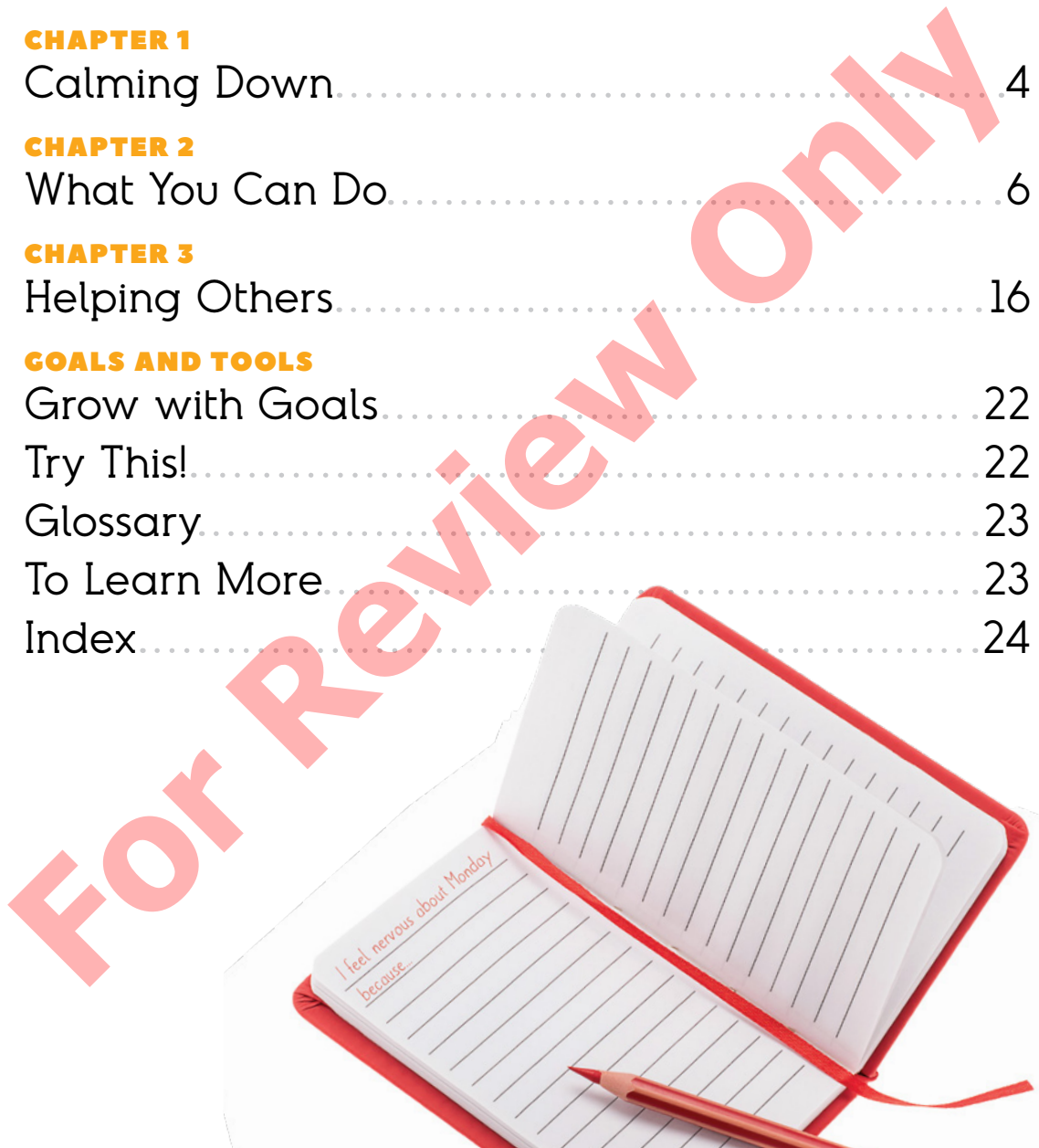
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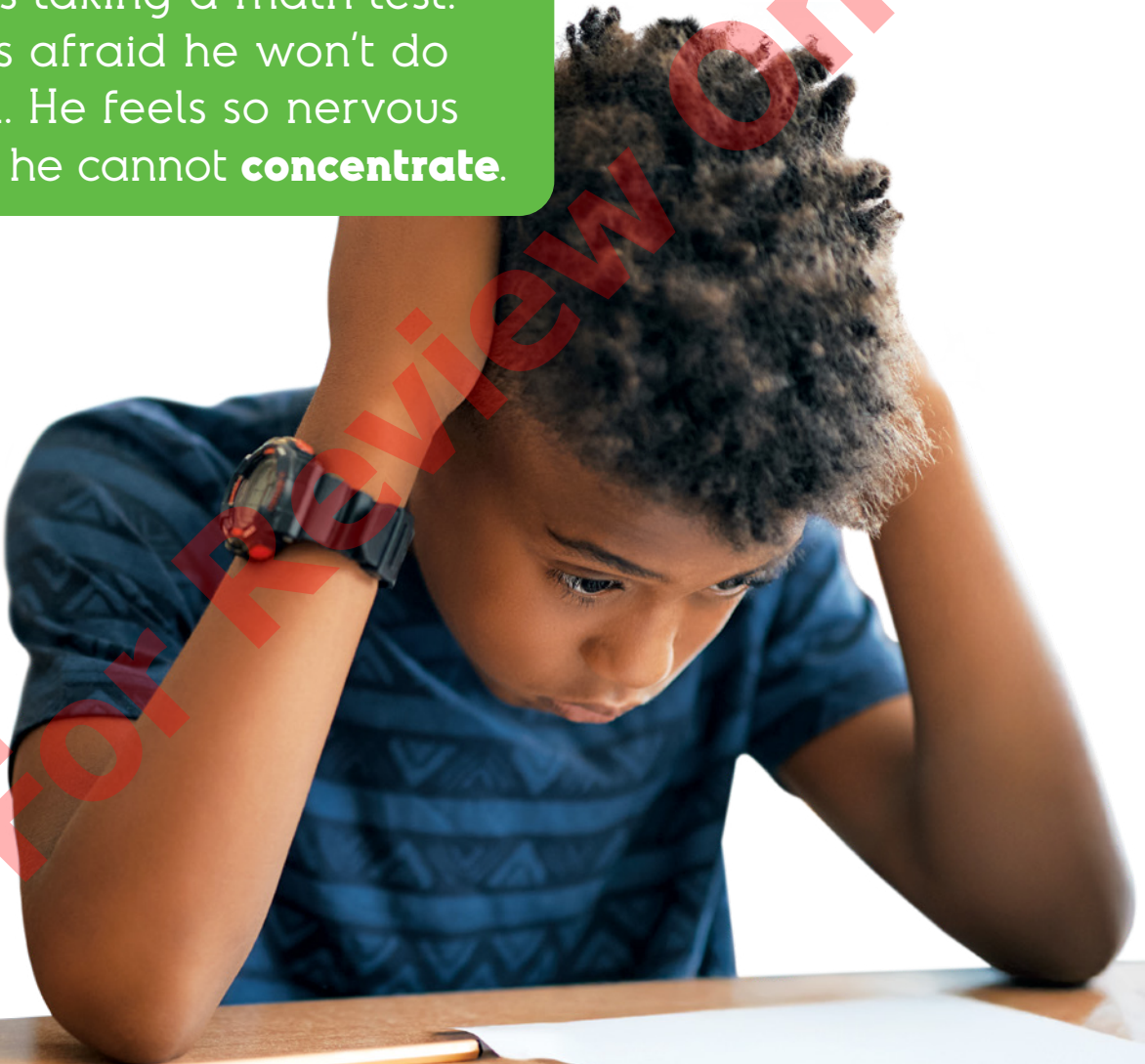
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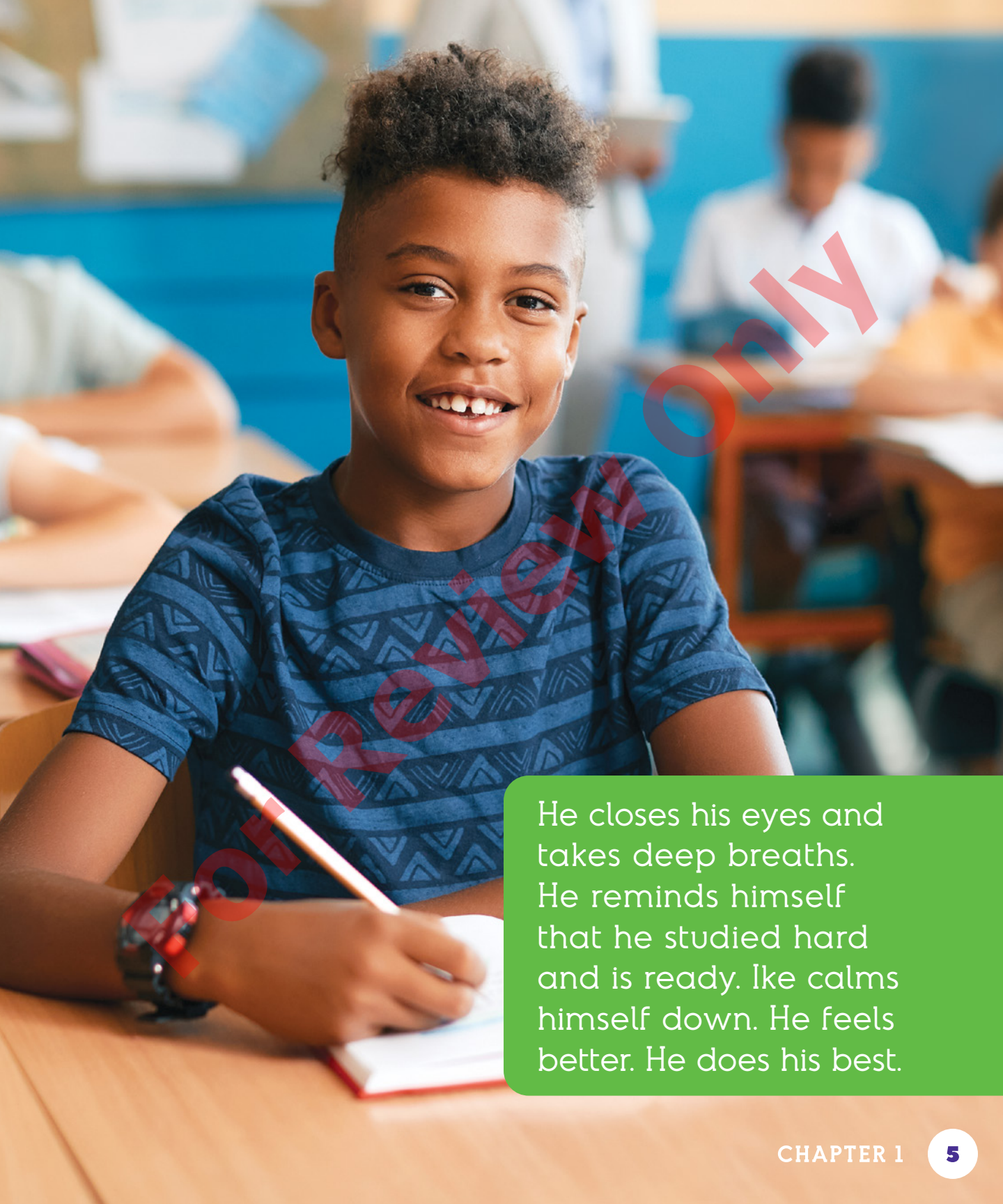


CHAPTER 1

CALMING DOWN

Ike is taking a math test. He is afraid he won't do well. He feels so nervous that he cannot **concentrate**.





He closes his eyes and takes deep breaths. He reminds himself that he studied hard and is ready. Ike calms himself down. He feels better. He does his best.

CHAPTER 2

WHAT YOU CAN DO

Strong emotions can feel **overwhelming**. It can be hard to **focus** or think clearly. When you have strong feelings and need to calm down, start by naming your feelings. What do you feel in your body and mind? Why do you think you feel that way?





Then think about what you can do to calm down. Matt is **anxious** because his grandma is sick. He worries about if she will be OK. Journaling helps Matt understand his emotions. It helps him feel more in control of his mind.

Sharing your feelings with others can help, too. Mya talks about her feelings with her sister. Her sister listens. She helps Mya understand her feelings. When Mya talks with her sister, she feels like a weight is lifted from her shoulders.

TALK IT OUT

Talking with others can help you understand your feelings. Your friends and family know you well. They can help you name your feelings. They can help you find ways to fix problems.



