

Name: _____

My Calm Down Zone

A Calm Down Zone is a place where you can go when you are starting to feel frustrated or angry. It is filled with toys, games, or activities that can help you calm down so that you can cope with your anger in a healthy way. Use this worksheet to create your very own Calm Down Zone. Answer each question on the line provided under the question.

What will I call it?

You can call it a Calm Down Zone or come up with a different name!

Where will it be?

Pick a place that is quiet so that you can focus on calming down!

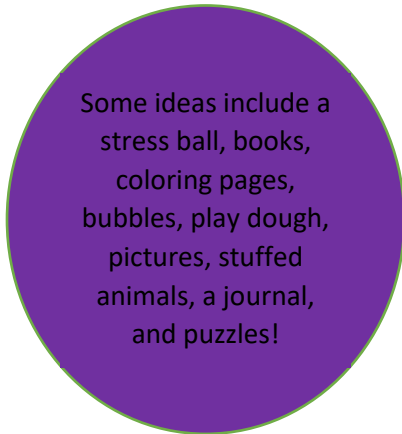


The best time to visit your Calm Down Zone is when you start feeling angry and before you make any negative choices!

How will I know it is time to go there?

Name: _____

What toys, objects, games or other calming things can I put there?



1. _____
2. _____
3. _____
4. _____
5. _____

Circle 3 ways you can calm down at home.

- Slow down your breathing
- Stretch
- Write a letter
- Drink a glass of water
- Cuddle up with a cozy blanket
- Listen to music
- Do 15 squats
- Color or read
- Name 5 favorite things
- Jump up and down
- Cuddle up with a cozy blanket
- Squeeze something
- 'yell your anger' into a pillow/blanket/sleeve