## Use these ways to calm down

**MEMORY** 

HELPER



GRADE

Dance Have fun and feel good



My

Visualization Imagine images that make you feel good



Respiration Control the rhythm of your breathing to calm down



OFF

TRAIL

Méditation Focus your attention on the present moment

## Get to know others instead of judging them

## Learn to recognize your emotions and their effects on you



## Assert yourself when you don't feel comfortable in a situation

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