

Ways to Cool Off

Stop and freeze

Count to ten

Take deep breaths

Walk away and take time to think about the problem

Ask questions when you are angry with someone

Talk to someone about how you feel

Write about how you feel

Draw a picture about how you feel

Burn up the angry energy inside you by riding a bike, jumping rope, or doing something else active



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Family Dynamix acknowledges that we deliver services on the unceded shared territories of the Ktunaxa and Secwepemc people and the chosen home of the Columbia Valley Métis Chartered Community.