



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Calm Down Solution Cards

How to use the Calm Down Cards:

- Give student situations such as:
 1. Tony grabs the toy truck from Maria while she is playing with it.
 2. Julie spills juice on her brand new shirt.
 3. Micki's mother told him to turn off the TV while he was still watching his favorite show.
 4. Julio's brother got to go to the movies without him.
 5. Sweta fell when Cindy tripped her.

- After the students hear the situation, have them take a card and practice that technique to "cool down".

- Several students may each act out a different card for the same situation to illustrate the various ways to work through anger.