



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Cool Down Strategies

1. Learn to recognize your anger signs.
 - Check your breathing, tummy, jaws, fists, and pulse.
2. Think, and choose the best way to act.
 - Use your words, not your fists.
 - State "Stop it! I don't like that."
 - Use a confident voice and say "I feel mad when you _____."
3. Stop and take a deep breath.
 - Slowly, take five deep breaths. Blow your anger out!
4. Count to 10 SLOWLY.
 - Count to 10 in your head and then count backwards for another 10.
5. Do yoga stretches.
6. Remove yourself from the situation.
 - Walk away until you feel calm.
7. Stay calm and in control.
 - Relax and cool down. Think calm, peaceful thoughts.
 - Pretend to be a big balloon filled with air. Relax and let all the air out.
8. Do something physical to use up your energy.
 - Listen to music.
 - Sing and dance along to the beat.
 - Blow bubbles.
 - Swing on a swing.
9. Talk about how you feel with a friend or caring adult.
 - Give and get a hug.