



# Calming Down

Who is this resource aimed for?

This resource is for children to find it difficult to explain how they are feeling.

When we are feeling angry we may do or say things that could upset or hurt other people. It is important that we try and make sure everyone feels safe even if we feel angry. Becoming calm is really important and everyone calms down in different ways.

Frankie our Phoenix sometimes thinks about things that have happened at home and is still angry when he gets to school. He has found that the following things help him feel better. Do any of these things help you feel better?



Write down the things that upset you or draw a picture to try and explain



Playing with a friend or someone you feel safe with



Going outside and concentrating on your breathing



Doing something that you enjoy such as painting

Can you draw Frankie doing something that might also help you calm down when you are feeling angry?



**Mouse fact**  
Mice tails can grow as long as their bodies