



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**PROJECT
CORNERSTONE**
A YMCA of Silicon Valley Initiative

STEPS TO CALMING DOWN

Learn to recognize your anger signs.

- Check your breathing, tummy, jaws, fists and pulse for tension.
- Is your body temperature rising?
- Does your face feel flushed?

Stop and take control.

- Take 5!
- You are in control of your own *behavior*, no matter what you are *feeling*!

Remove yourself from the situation.

- Give yourself a calming time-out.

Deep Breathing

- Slowly, take 5 deep breaths. Blow your anger out!

SLOWLY count to 10.

- Count to 10 in your head, and then count backwards from 10 back to zero.
- Use a counting box.

Stay calm and in control.

- Imagine yourself as calm, safe and in control.
- Think calm, peaceful thoughts until you feel more relaxed and cooled down.

Think and *choose* a safe way to behave.

- You *choose how to behave*.
- Keep yourself and others safe.
- Use your words.
 - State, "Stop it! I don't like that."
 - Use a confident voice and say, "I feel mad when you _____."
 - Tell others when you need time and space to calm down.

Do something physical to use up your energy.

- Listen to music.
- Sing and dance along to the beat.
- Run, jump, and skip yourself to a calmer self!

Talk about how you feel with a friend or caring adult.

- Ask for wise advice from trusted people.
- Be an *UPstander* when others need support.