

# **Cooling Off**

**What helps you feel better  
when you are angry or upset?**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**Hang this list in your room.  
Do something on it when you  
need to feel more peaceful.**