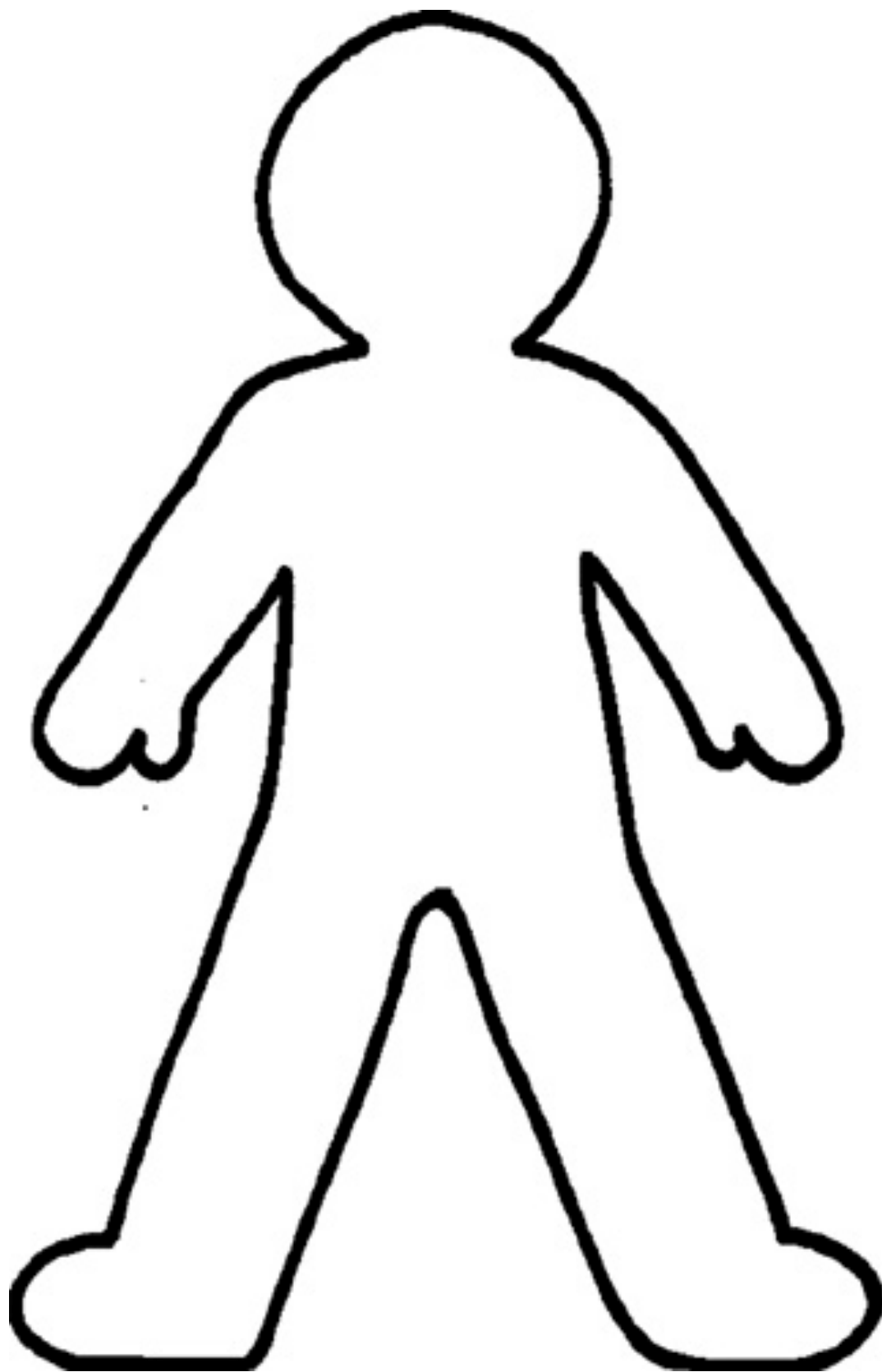


Printable Activity Pages

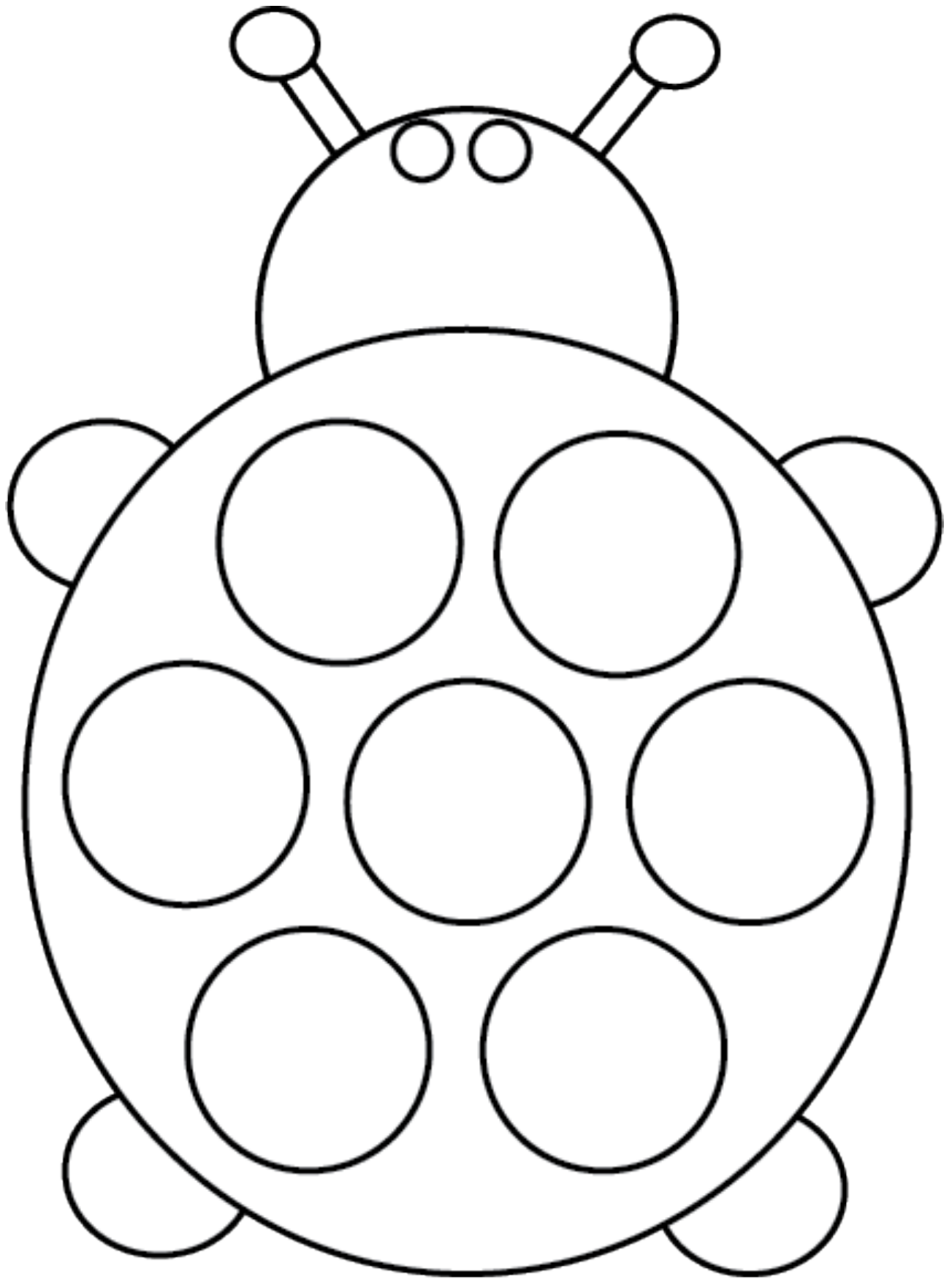
Accompanies Self-Management Blog 2



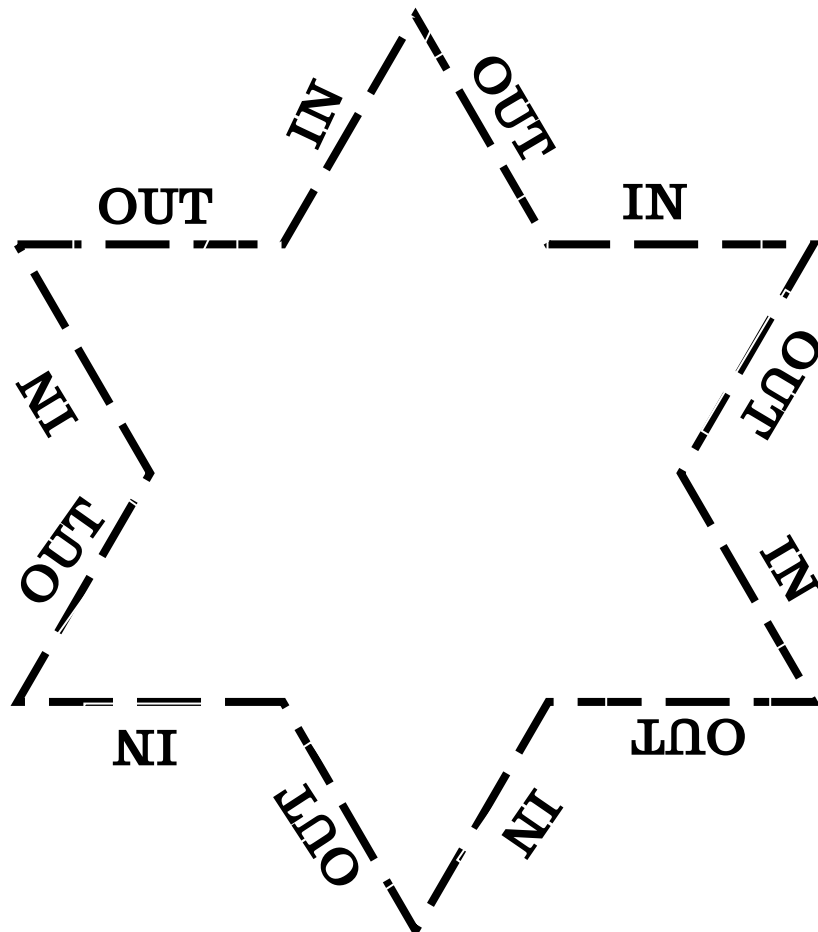
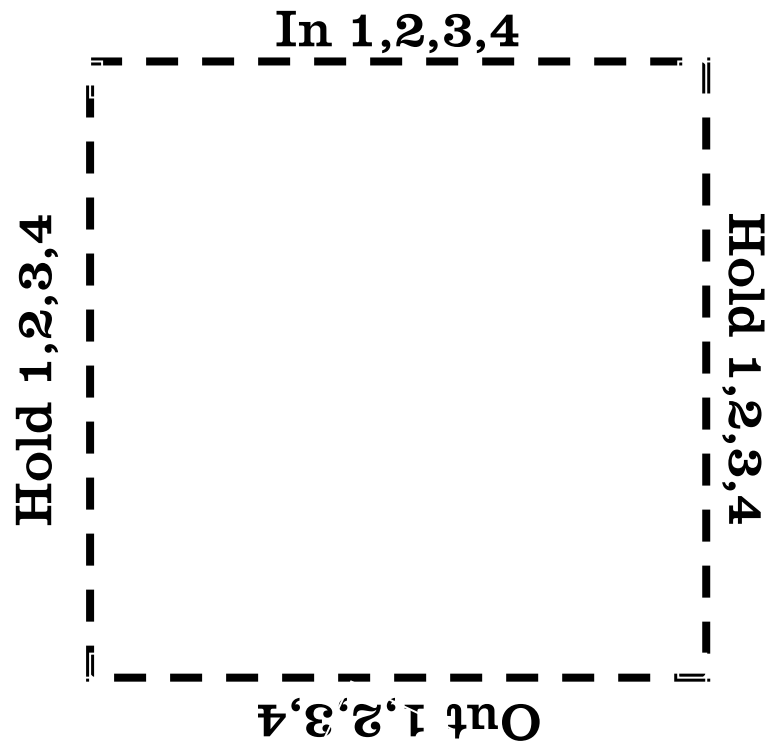
INSIDE/OUTSIDE ANGER



ANGER BUG



BREATHE ALONG SQUARE AND STAR



CALM DOWN BOX IDEAS

What will you put in your calm down box?

- Stress ball
- Teddy
- Colouring book
- Pencils/Pens
- Game
- Photos of somewhere calm
- Skipping rope
- A ball
- Fidget spinner
- Puzzles

My ideas

- _____
- _____
- _____
- _____
- _____

