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When I'm angry I can...

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This will make me feel calm again.

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 <p>Go for a walk</p>	 <p>Scream into an angry pillow</p>	 <p>Stomp!</p>	 <p>Star jumps</p>	 <p>Go for a run</p>
 <p>Take a deep breath</p>	 <p>Listen to a favourite song</p>	 <p>Go to the sensory room</p>	 <p>Ask for a time out</p>	 <p>Lie on the bean bags</p>
 <p>Watch TV</p>	 <p>Have a drink of water</p>	 <p>Do some yoga</p>	 <p>Talk to someone</p>	 <p>Draw a picture</p>
 <p>Play with a football</p>	 <p>Use a breathing technique</p>	 <p>Play with a basketball</p>	 <p>Count to 10</p>	<hr/>