

**Calm**

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<p><b>Tell us about a calm place you know</b></p> <p>Keep this card to get out of trouble free</p>	<p><b>Tell us about a time you calmed yourself down</b></p> <p>Keep this card to get out of trouble free</p>
<p><b>Tell us about a time when someone annoyed you and you didn't hurt them</b></p> <p>Keep this card to get out of trouble free</p>	<p><b>Take a deep breath to calm down</b></p> <p>Keep this card to get out of trouble free</p>
<p><b>Get help if someone won't stop annoying you</b></p> <p>Keep this card to get out of trouble free</p>	<p><b>Think, "Don't worry" to calm yourself down</b></p> <p>Keep this card to get out of trouble free</p>
<p><b>Think "Calm down" to relax</b></p> <p>Keep this card to get out of trouble free</p>	<p><b>Say, "I'll talk to you later" to someone who is annoying</b></p> <p>Keep this card to get out of trouble free</p>

**Walk away from  
someone who is  
annoying you**

Keep this card to get out of trouble free

**Tell us about someone  
who is really calm**

Keep this card to get out of trouble free

**Think of a stop sign  
to calm down**

Keep this card to get out of trouble free

**Go somewhere quiet  
to calm down**

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**Have a drink of  
water to calm down**

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**Think, "Don't  
hit anyone"**

Keep this card to get out of trouble free

**Who do you talk to  
when you are upset?**

- \* Mum, dad or carer
- \* Friends
- \* Counsellor
- \* Teacher

Keep this card to get out of trouble free

**Relax**

- \* Read a book
- \* Watch a movie
- \* Ride a bike
- \* Draw a picture
- \* Write a story
- \* Talk to someone

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**Count to 10, 20 or  
50 to calm down**

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**Stand straight and tall  
when you tell someone  
to stop annoying you**

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**Cool off before trying  
to solve a problem**

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**Tell your parents or  
carers if you need  
help at school**

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**Tell us your calm plan**

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**Ask, "Is it worth  
worrying about?"**

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**Imagine relaxing in  
your calm place**

Keep this card to get out of trouble free

**Take even breaths  
1-2-3-in 1-2-3-out**

Keep this card to get out of trouble free