

Don't Flip Your Lid!

Name: _____

1. What happened that made you Flip Your Lid?



2. Why did this 'Push My Button'?



3. Now that you know why, what can you do to calm yourself?

(circle as many as you want)

- take a deep breath, let it out slowly while counting to 10
- tense my upper arms/fist, hold for 10 seconds, then slowly let go
- (with permission) to take a walk for 10 minutes
- find an adult to talk to (starting with, "I need...")



CAN YOU ADD ANY MORE STRATEGIES BELOW?

NOW THAT I AM CALM...

What are some things I can do to solve my problem?



1.

2.

3.

(can you think of any others?)

Which solution is the best one to try first?

If that doesn't work, what's the next one to try?

If you feel like giving up, what are some things that can you do so that you stay focused on your goal?