

Cool-Down Tool Cards

Print a set per student. He picks two and keeps them in a pocket or desk.

SLOW BREATHING

In for four, out for four

USE IT AT THE FIRST WARNING SIGN

COUNT TO TEN

Slowly, in your head

USE IT AT THE FIRST WARNING SIGN

WALK AWAY

To the quiet corner

USE IT AT THE FIRST WARNING SIGN

ASK FOR A BREAK

"I need a break."

USE IT AT THE FIRST WARNING SIGN

GET A DRINK

Water fountain and back

USE IT AT THE FIRST WARNING SIGN

TELL SOMEONE

A staff member you trust

USE IT AT THE FIRST WARNING SIGN

Social Skills Program • Anger Management Unit • Week 3 • 8 cards



Cool-Down Tool Cards

Print a set per student. He picks two and keeps them in a pocket or desk.

SIT DOWN

Somewhere quieter, away from the noise

USE IT AT THE FIRST WARNING SIGN

SHOW YOUR CARD

When talking is too hard right now

USE IT AT THE FIRST WARNING SIGN

