





Cool down steps to teach children

<p>Recognise that you are angry</p> 	<p>Notice the body signals that mean you're angry, such as getting hot, heart racing, tense muscles etc. Give a number from 1 to 10 to show how angry you are (or use a thermometer).</p>
<p>Cool down your body</p> 	<p>Breathe slowly Take time-out in a quiet place Go for a walk, do something physical Relax.</p>
<p>Use coping self-talk</p> 	<p>"It's okay. I can handle this."</p>
<p>Try to solve the problem</p> 	<p>Talk to someone who is a good listener Plan what to do next time.</p>