

# What Strategies Can I Use In My Backpack



*guiding  
you*  
**consulting**

WITH LUCY KEATH

# CALMING STRATEGIES

guiding  
you  
consulting  
WITH LUCY KEATH

When I feel upset or angry, I can choose to..



take deep  
breaths



read a book



listen to music



get a drink



count to 10



take a walk



rest on a pillow



think happy  
thoughts



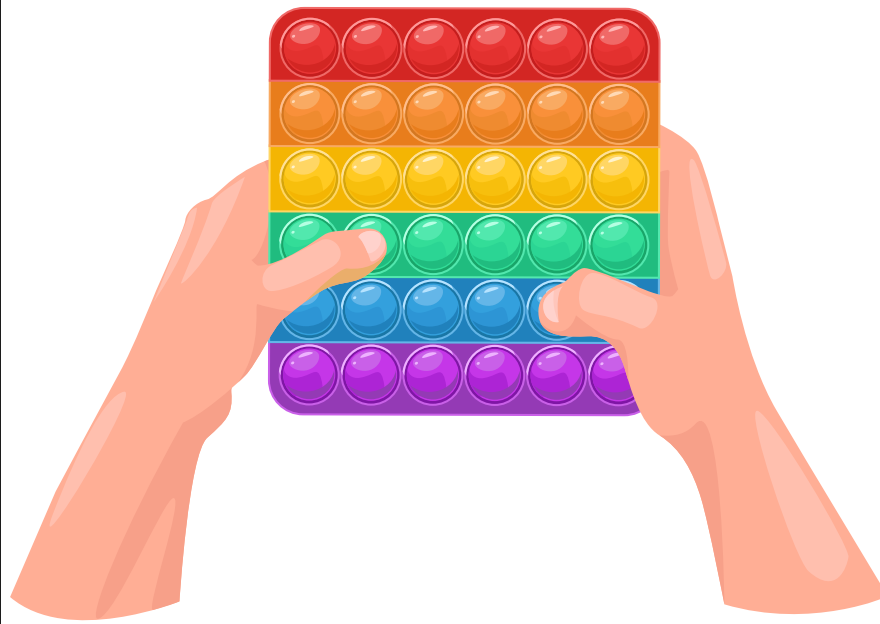
hug a stuffed  
animal

# CALMING STRATEGIES

When I feel upset, I can choose to..



**Play with your favourite toy**



**Using a sensory toy**



**Using meditation techniques**



**Watching calming videos**



**A hug**



**Draw or Colour**



**Look at photos**



**Stretch**



**Ride a bike**