



Relax Kids

+ Anger Emergency tool kit

1. Squeeze your whole body as tight as you can and let it go
2. Scribble your anger
3. Run on the spot as fast as you can
4. Go outside and blow your anger out
5. Get your monster to say I am OK I am OK over and over again.

Anger Monster emergency tool kit



+ Anxiety Emergency tool kit

1. Blow your worries into a balloon and let them float
2. Imagine your worries are very small, make them shrink
3. Imagine you are floating on a cloud and drifting away
4. Talk to someone about your worries
5. Breathe in and let your shoulders relax

Anxiety Monster emergency tool kit



+ Fear Emergency tool kit

1. Say to yourself, I am brave, I am brave
2. Stand in a power pose with your hands on your hips and legs apart
3. Take 5 deep breaths
4. Squeeze your body as tight as you can and relax
5. Count from 10 to 1 as slowly as you can

+ Fear Monster emergency tool kit



+ Sadness Emergency tool kit

Monster

Emergency tool kit

+ Sadness Emergency tool kit

1. Give yourself a hug
2. Sing or hum a happy tune
3. Stand up tall and roll your shoulders back and hold for five counts
4. Pull funny faces
5. Think about things that make you happy

+ Sadness Monster emergency tool kit

