Top tips for ways to calm down...

- Tell yourself to stop
- Give your thinking brain time
- Tell yourself, 'I can handle this.'
- Say to yourself, 'Be calm...be calm...be calm.'
- Walk away
- Go and find someone else to play with
- Count backwards from 10, 20, 100...
- Tell someone else how you feel
- Breathe deeply—in and out five times

- Tense and relax your muscles
- Take some exercise
- Feel your pulse
- Picture yourself dealing with the situation calmly and strongly.