

Calm Down Sandwiches

Calming down from being angry or frustrated can be really hard sometimes. It's important to keep your cool and know how to calm yourself down when you get into tough situations. What are some situations that make you angry or frustrated here at school?

1. _____
2. _____
3. _____

Sometimes getting angry is tough, but the good news is that there are lots of teachers and people that care about you here at school. There are LOTS of people that care about you and can HELP you Calm down. Name 3 teachers or adults that can you know and trust.

1. _____
2. _____
3. _____

Great! Now that we know that there are people that care about us & we know what makes us angry...what can we do when we GET angry?

When you get angry or frustrated, you can use a coping strategy to calm yourself down and stop being angry or frustrated. A coping strategy is something you can do that makes you feel better after getting upset, like taking a walk, talking to an adult or breathing deeply. We are going to practice using coping strategies by making sandwiches together.

Recipe for Calm Down Sandwiches:

What are some things you do that can calm you down?

Write down 6 things that make you happy or feel calm inside on each line. THEN, write down your strategies on each piece of your calm down sandwich!

Bread:

Cheese:

Meat:

Lettuce:

Tomato:

Bread:

Voila! You are a great calm down sandwich maker! Keep this sandwich in your desk to remind you of your 6 strategies to calm down when you get angry or frustrated next time!