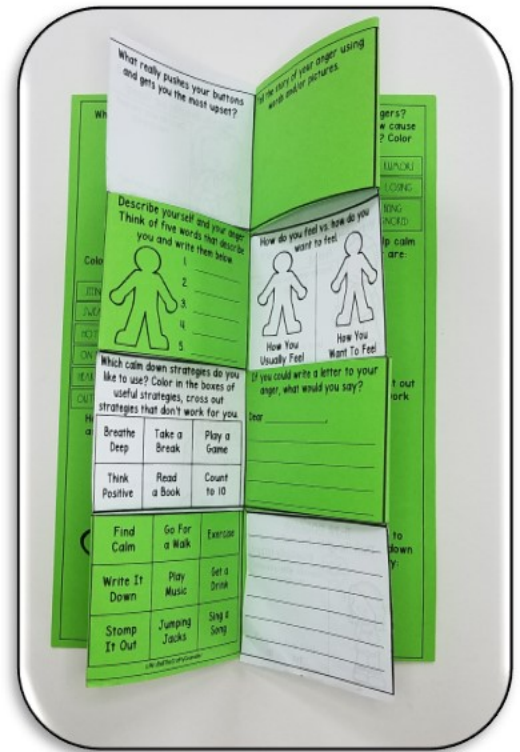
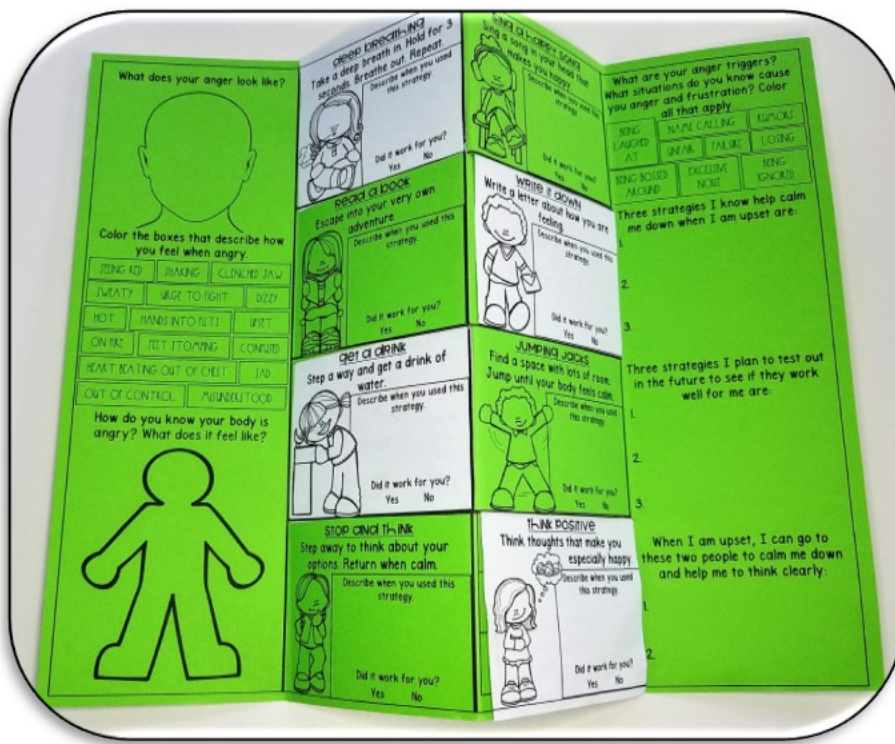


# I HAVE THE POWER TO STAY CALM



SECRET COMPARTMENT FLIPBOOK

Mrs. Bell The Crafty Counselor



1. Print Double Sided (flip on long edge)

2) Cut out the inserts

3) Create slits in flipbook

4) Weave in strips (Sides A + B)

**INERT JOKES:**  
Start by placing this strip in front of the first box. Then, weave this strip behind the second box and over the third box. End by weaving this strip behind the last box.

**GET A DRINK:**  
Step a way and get a drink of water.  
Describe when you used this strategy.  
Did it work for you? Yes No

**WRITE IT DOWN:**  
Write a letter about how you are feeling.  
Describe when you used this strategy.  
Did it work for you? Yes No

**SIDE B:**  
This should be behind this box.

**What does your anger feel like?**

Color the boxes that describe how you feel when angry.

STINGING	RAWKING	CLINCHED JAW
WEARY	LARGE TO TIGHT	DIZZY
HOT	HANDS INTO FISTS	UPSET
ON FIRE	HEAT STOPPING	CONFOUSED
HEAT BEATING OUT OF CHEST	JAP	
OUT OF CONTROL	MINDBLIND	

How do you know your body is angry? What does it feel like?

**STOP AND THINK:**  
Step away to think about your options. Return when calm.  
Describe when you used this strategy.  
Did it work for you? Yes No

**Read a book:**  
Escape into your very own adventure.  
Describe when you used this strategy.  
Did it work for you? Yes No

If you could write a letter to your anger, what would you say?  
Dear \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SING A LABBY SONG!**  
Sing a song in your head that makes you happy.  
Describe when you used this strategy.  
Did it work for you? Yes No

Describe yourself and your anger. Think of five words that describe you and write them below.  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

**JUMPING JACKS:**  
Find a space with lots of room. Jump until your body feels calm.  
Describe when you used this strategy.  
Did it work for you? Yes No

Find Calm	Go For a Walk	Exercise
Write It Down	Play Music	Get a Drink
Stomp It Out	Jumping Jacks	Sing a Song

**What are your anger triggers? What situations do you know cause you anger and frustration? Color all that apply.**

SONG	NAME CALLING	RUMORS
LAUGHED AT	UNFAIR	TALKING
BEING BOASTING	EXCESSIVE NOISE	BEING IGNORED

Three strategies I know help calm me down when I am upset are:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_


Three strategies I plan to test out in the future to see if they work well for me are:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

When I am upset, I can go to these two people to calm me down and help me to think clearly.  
1. \_\_\_\_\_  
2. \_\_\_\_\_

Mrs. Bell The Crafty Counselor

4) Weave  
in  
strips  
(sides A+B)


What does your anger look like?




Color the boxes that describe how you feel when angry.

SEEING RED	SHAKING	CLINCHED JAW
SWEATY	URGE TO FIGHT	DIZZY
HOT	HANDS INTO FISTS	URJET
ON FIRE	FEET STOMPING	CONFUSED
HEART BEATING OUT OF CHEST	SAD	
OUT OF CONTROL	MISUNDERSTOOD	

How do you know your body is angry? What does it feel like?




**DEEP BREATHING**  
Take a deep breath in. Hold for 3 seconds. Breathe out. Repeat.



Describe when you used this strategy.

Did it work for you?  
Yes No

**SING A HAPPY SONG**  
Sing a song in your head that makes you happy.



Describe when you used this strategy.

Did it work for you?  
Yes No


What are your anger triggers? What situations do you know cause you anger and frustration? Color all that apply.

BING LAUGHED AT	NAME CALLING	RUMORS
BING BOLDED AROUND	UNFAIR	TALURE
	EXCESSIVE NOISE	BING IGNORED

Three strategies I know help calm me down when I am upset are:

- 1.
- 2.
- 3.


**READ A BOOK**  
Escape into your very own adventure.



Describe when you used this strategy.

Did it work for you?  
Yes No


**WRITE IT DOWN**  
Write a letter about how you are feeling.



Describe when you used this strategy.

Did it work for you?  
Yes No


**GET A DRINK**  
Step a way and get a drink of water.



Describe when you used this strategy.

Did it work for you?  
Yes No


**JUMPING JACKS**  
Find a space with lots of room. Jump until your body feels calm.



Describe when you used this strategy.

Did it work for you?  
Yes No


**STOP AND THINK**  
Step away to think about your options. Return when calm.



Describe when you used this strategy.

Did it work for you?  
Yes No

**THINK POSITIVE**  
Think thoughts that make you especially happy.



Describe when you used this strategy.

Did it work for you?  
Yes No

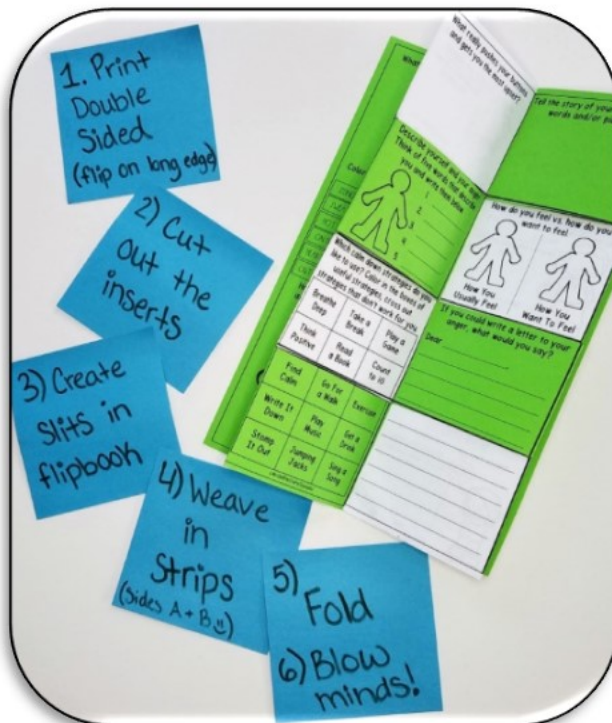
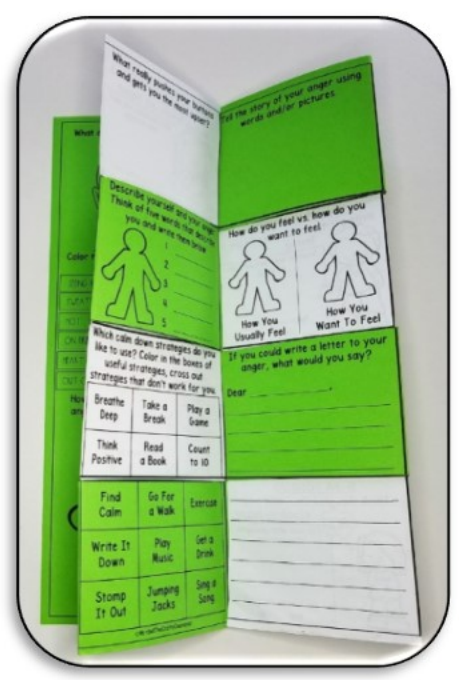
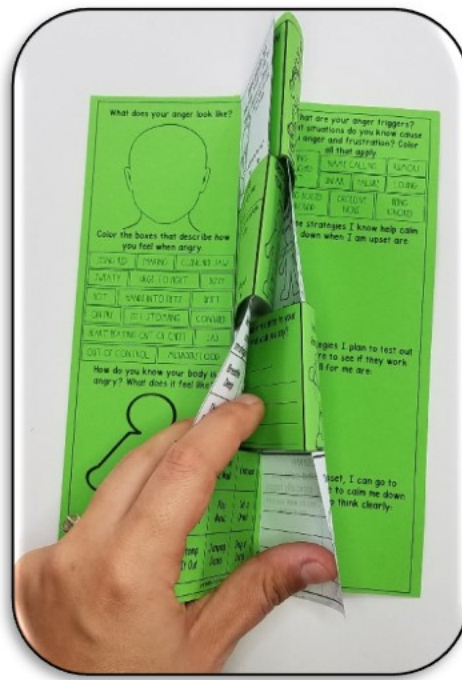
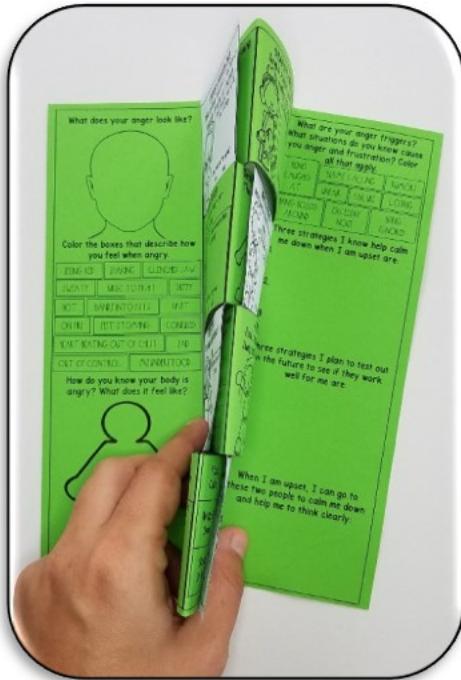
Three strategies I plan to test out in the future to see if they work well for me are:

- 1.
- 2.
- 3.

When I am upset, I can go to these two people to calm me down and help me to think clearly:

- 1.
- 2.

Mrs. Bell The Crafty Counselor

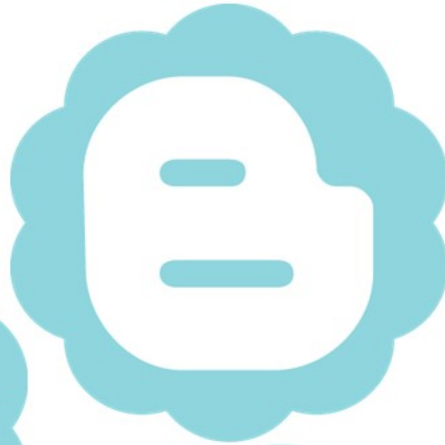


Using only two sheets of paper, create a flipbook that transforms before your eyes!

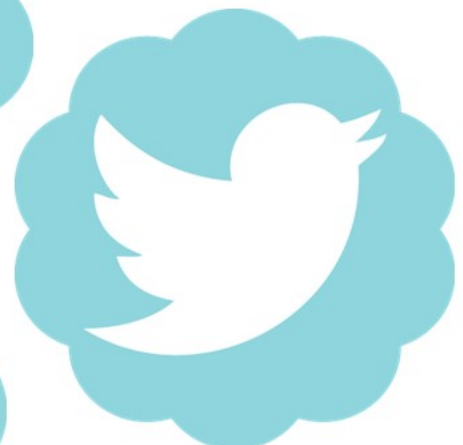
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LET'S CONNECT:

Etsy



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