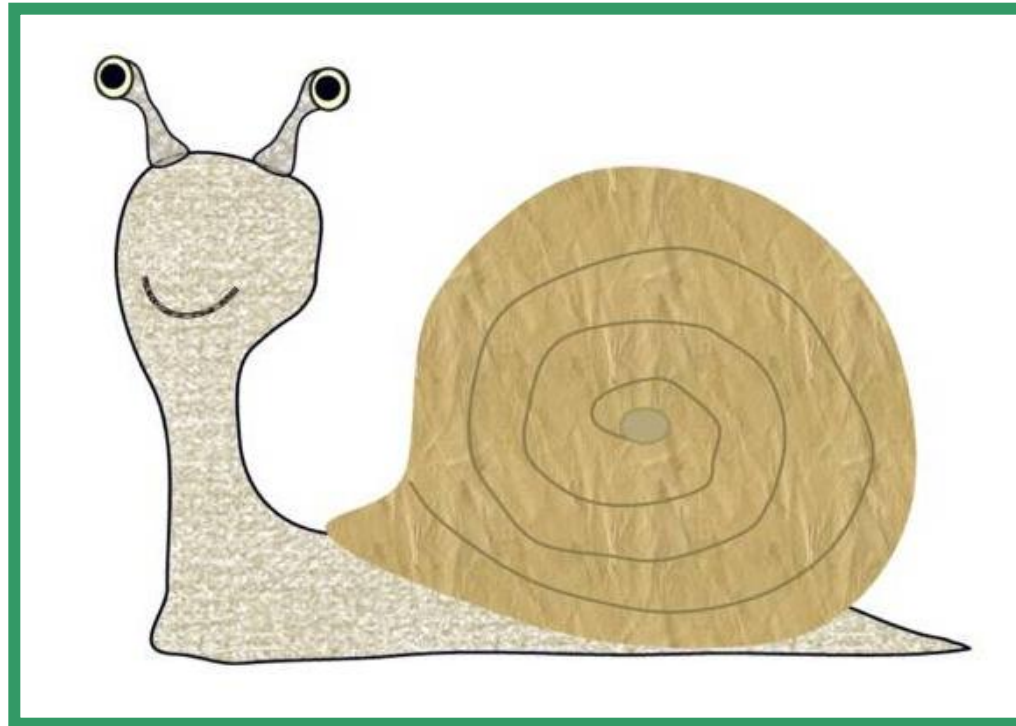


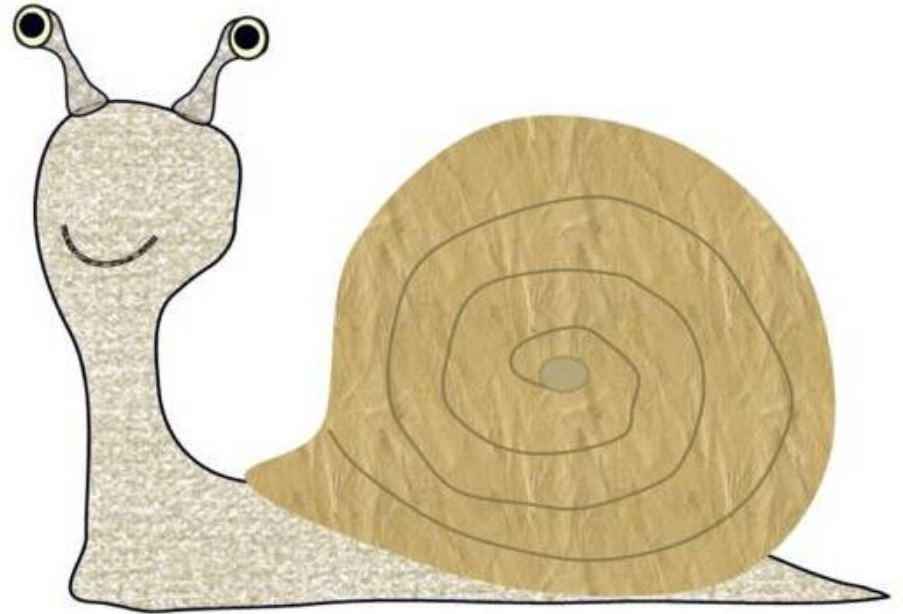
# Calmly Snail



Adapted by

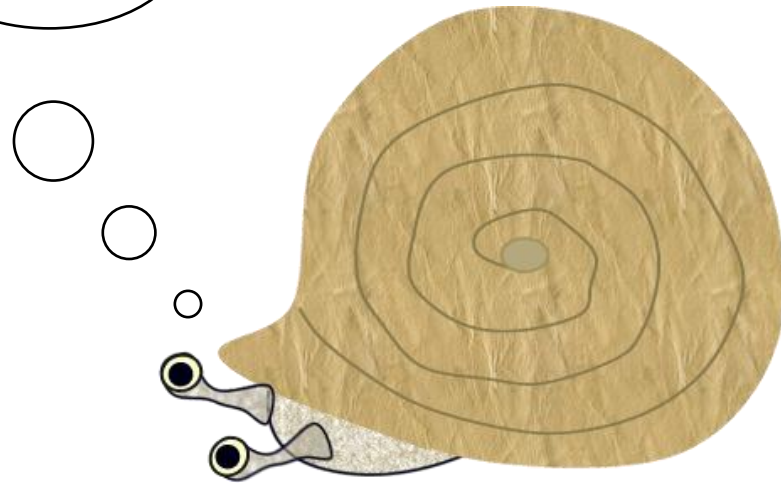
George Timlin & Val Redhead

When I'm angry and upset there are three things I can try.

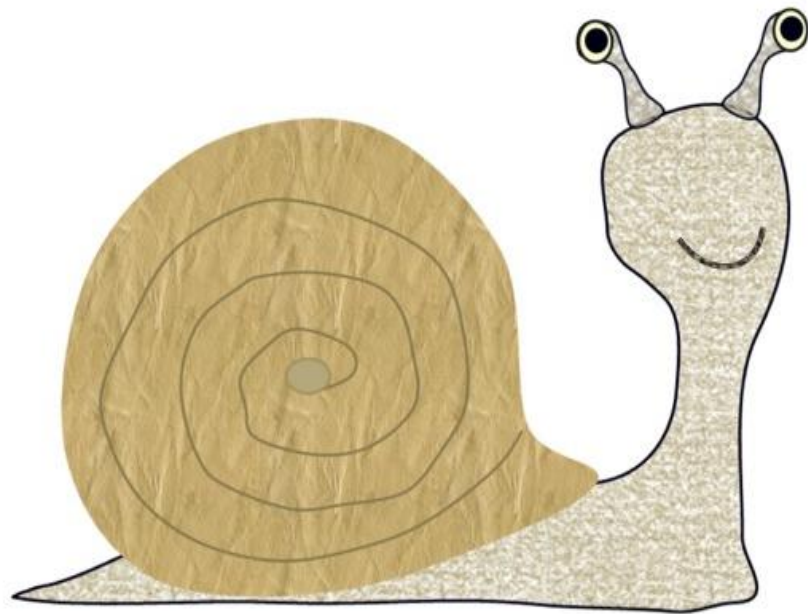


# 1 – Think!

Think before I do  
anything!  
Take a 'time out'!



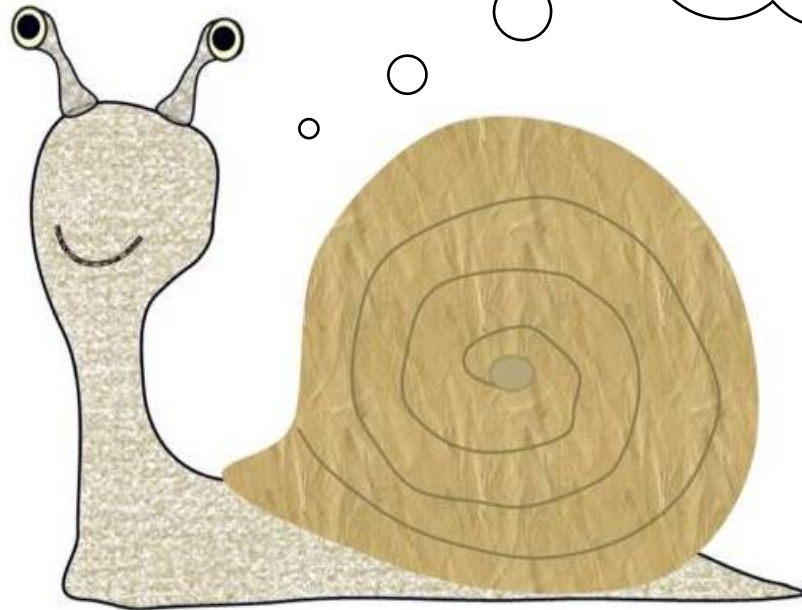
## 2 - Take three deep breaths



Take time to relax and  
calm myself down.

# 3 – Walk away

Think of something  
I like doing.



# Good ideas other people have used

- Talk to a teacher or an adult you know.
- Ask for help.
- Tell them how you feel.

