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|  <p>Angry</p> | <p>6</p> <p>Make a list of your worries and show someone or tear it up</p> | <p>5</p> <p>Do something creative, like drawing, singing or colouring</p> |  <p>Sad</p> |
| <p>4</p> <p>Think about the nice things you have done and happier memories</p> | | | <p>1</p> <p>Take a deep breathe and count to 8 then breath out slowly</p> |
| <p>3</p> <p>Phone or text someone you trust to talk to about how you are feeling</p> | <p>7</p> <p>Do something active, play a sport or dance</p> | <p>8</p> <p>Watch something you like or read a book</p> | <p>2</p> <p>Shout into a pillow</p> |
|  <p>Worried</p> | | |  <p>Scared</p> |



Timeout Card



The Bearer Of This Card
Is Entitled To
5 Minutes
Time Out To Calm Down

