

Chill Skills

Practice a few of the chill skills below so that you will know how to do them when you are frustrated.



Deep Breathing

Long breaths in through your nose and out of your mouth



Count to 10

Take a deep breath and slowly count to 10



Concentrate on a Nice Sound

Close your eyes and listen to a calming sound around you



Imagination

Think of something you really love



Stretch

Reach your arms high in the sky



Meditate

Focusing on your breathing and thoughts in the present