



I Want To Scream

- Sometimes I just want to scream because I feel so emotional.
- Feeling like I need to scream is OK. It is really normal to feel this way sometimes. Most people have times when things seem too much and they can feel like they might explode.
- Though I might want to scream it is usually better if I try and stay quiet. If I am with other people they might not like it if I scream. Adults may get cross with me if I scream.
- When I want to scream there are lots of things I might do to help me stay calm. When possible I can try :
 - closing my eyes and counting to ten
 - taking 5 deep and slow breaths
 - walking away for a few minutes
 - doing a calming activity for a while
 - talking to a friend or a trusted adult
 - squeezing my hands into a fist and then relaxing them ten times
- When I want to scream I can do my best to stay quiet. I can try to do a short calming activity to help me cope with my feelings.

