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Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Social Skill – Things I Can do When I am Feeling Stressed or Frustrated**

**Rate your level of stress before using the calm toolbox:**

1 (least stressed) 2 3 4 5 6 7 8 9 10 (most stressed)

**Pick 2 things from this calm toolbox and do them for 5 minutes each:**

Draw a picture

Listen to music

Write in a journal

Squeeze a stress ball

Go for a walk

Take deep breaths

Stretch

Build something with blocks

Close your eyes and think about a happy place

**What made you stressed or frustrated?**

\_\_\_\_\_  
—

**Did the toolbox help you to calm down?**

\_\_\_\_\_  
—

**Rate your stress after using the calm tool kit.**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1 (least stressed) 2 3 4 5 6 7 8 9 10 (most stressed)