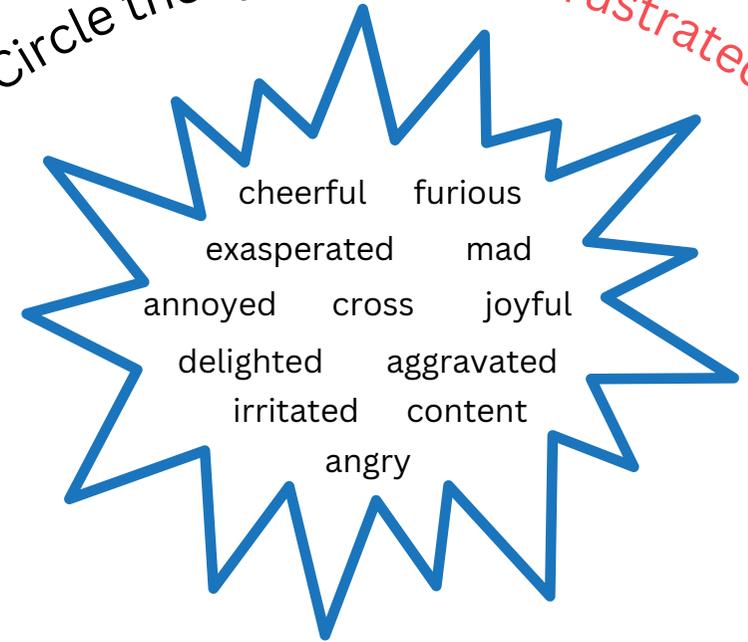


Name: \_\_\_\_\_

I feel frustrated when:

Circle the synonyms for *frustrated*



Ways I can calm myself down:

**Liquid calm jars can be used to watch, listen to and as a timer to count down.**  
**They are great to help with **calming, grounding and distracting.****

*I want my Calm Down Jar to look like this*



Materials needed: