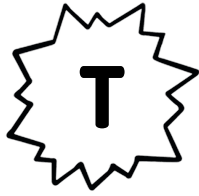




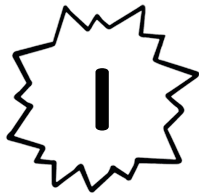
TIP Skills



TIP YOUR BODY TEMPERATURE



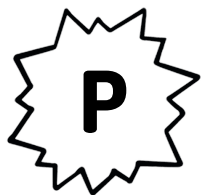
Tip the temperature of your face to cool off your emotions. Put something cold on your face to calm your emotions. If you're unwilling to cool off your face, hold something cold to your body. For example, hold an ice pack on your forehead or cheeks, splash cold water on your face, or drink ice water.



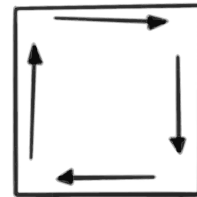
INTENSE EXERCISE



Intense exercise gets your heart rate up, and your emotions calming down. A few examples are jumping jacks, four square, hop scotch, hula hoop, dancing, and jumping rope. Do fun exercises that get your heart pumping!



PACED BREATHING



Paced breathing helps your body to relax. As you breathe out calming breaths, your emotions will calm too. There are many ways to practice paced breathing; the easiest is to breathe and count. Breathe in your nose and count "one," and count "one" as you exhale out of your mouth. Then, count "two" as you inhale, and "two" as you exhale; keep going to the count of five.