

# Connect. Impact. Repeat.

|            |               |                            |               |             |
|------------|---------------|----------------------------|---------------|-------------|
| Temper     | Anger         | Deep breathing             | Rules         | Listen      |
| Counseling | Talk about it | Relax                      | Communication | Rest        |
| Stomp      | Walk away     | Alief ISD Counselors Rock! | Compromise    | Exercise    |
| Express    | Solutions     | Journal                    | Eat Healthy   | Read        |
| Draw       | Cool down     | Respect                    | Yell          | Count to 10 |

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|                   |               |                                  |                  |           |
|-------------------|---------------|----------------------------------|------------------|-----------|
| Walk<br>away      | Communication | Rules                            | Counseling       | Relax     |
| Deep<br>breathing | Yell          | Listen                           | Cool<br>down     | Rest      |
| Express           | Compromise    | Alief ISD<br>Counselors<br>Rock! | Exercise         | Anger     |
| Eat<br>Healthy    | Respect       | Temper                           | Count to<br>10   | Solutions |
| Journal           | Read          | Stomp                            | Talk<br>about it | Draw      |

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|              |                |                                  |                  |                   |
|--------------|----------------|----------------------------------|------------------|-------------------|
| Cool<br>down | Respect        | Communication                    | Read             | Compromise        |
| Temper       | Express        | Journal                          | Talk<br>about it | Listen            |
| Stomp        | Count to<br>10 | Alief ISD<br>Counselors<br>Rock! | Solutions        | Eat<br>Healthy    |
| Walk<br>away | Rest           | Rules                            | Yell             | Deep<br>breathing |
| Exercise     | Anger          | Relax                            | Counseling       | Draw              |