



Activity: Cool Down Keychain

Objective

Everyone gets angry sometimes, but having a hot temper isn't cool. We can't take our anger out on other people when we are mad. It's important to remember to take control of our anger level. This cool down keychain from Camp Mariposa San Diego can be a reminder for different ways to cool down when we feel angry.

Instructions

- Visit a local bead or craft store to choose the beads you would like to use for your keychain.
- Cut your cord, rope, or string to be the size that you would like for your keychain.
- Tie a knot on one end of the cord (so your beads will not fall off).
- Choose and string the beads however you would like on your cord, rope, or string.
- Tie the opposite end of the cord into a knot and keep the keychain in a place that will be helpful to you.



Supplies

- Beads (red, clear/white, blue, yellow, green)
- Cord, rope, or string

Additional Ideas

Cool Down Keychain Techniques:

- **Red Bead:** STOP and calm down
- **Clear/White Bead:** 3 slow deep breaths
- **Blue Bead:** Get a drink of water
- **Yellow Bead:** Think a happy thought
- **Green Bead:** Count to 10 backwards