

Alternatives to the Phrase *'calm down'*

I see that you are having a difficult time, let me help you.

Take a deep breath.

That can be so frustrating, let's figure this out together.

I see that you are so mad, how does that feel in your body?

Count to 10.

How about a big hug.

Let's take a minute by ourselves to calm our anger.

Your face is red, try taking a breath to help your heart slow down.

Let's focus on fixing the problem together.