

Name _____

Danny the Dolphin's Ocean Calm

Open-Ended Questions

1. How do you think grounding techniques could help you when you're upset?
2. If you were Danny, what other things might you find in the ocean to see, touch, or hear?
3. Can you describe a time when something didn't go your way? How did you calm down?
4. Why do you think it's important to learn ways to handle anger or frustration?

