

Maya's MYSTERIES

I'M FINDING COOL WAYS TO CHILL OUT!

"When our thoughts are filled with the bitterness of this world, let us turn our eyes to the sweetness of God's compassion and He will send us heavenly calm!" —'Abdu'l-Bahá



FIND YOUR CALM WHEN THINGS GO WRONG

My friend spilled soda on my science project after I'd asked her to be careful. I worked on the project for weeks! Even though it was an accident and she apologized, I got angry and almost lost my cool! But I took a walk outside instead. That helped me relax so we could talk it over peacefully.

Everyone gets angry sometimes. It could be because of something accidental. Anger can also be a helpful sign that something's wrong and needs to

change. But how you handle those feelings is what matters most. If you hold anger inside, it could hurt your physical or mental health. If you let it out toward others, it could hurt them.

It helps to be prepared for how to calm down when anger strikes. I have a harder time staying calm when I see someone being mean or unfair. Experiment with my ideas below. See what works best in different situations, and try out some of your own. Stay cool!

MAYA'S TRANQUIL TIPS

Unscramble words to discover ways to calm down when you feel frustrated or angry.

1. Release negative energy by getting (SRICEXEE)
 ●●●●●●●●●●

2. Find a safe, quiet spot to (LXAER) ●●●●●●●●, such as a place in nature.

3. (SREPESX)
 ●●●●●●●●●● feelings with dance or art.

4. Say prayers, (TIEAMTDE)
 ●●●●●●●●●●, or journal to help you think of solutions.

5. Relax tense (CEULMSS)
 ●●●●●●●●●●, such as in your shoulders and feet.

6. Focus on your (RTAHBE)
 ●●●●●●●● slowly going in and out of your nose.

7. Without backbiting, (ESHRA)
 ●●●●●●●● the situation with a friend or parent.



8. Even when others are negative, stay hopeful and be (VTOIESPI)
 ●●●●●●●●●●

9. Listen to peaceful (USCMI)
 ●●●●●●●● or watch a funny movie.

10. Take a soothing (WHSROE)
 ●●●●●●●● or bath.

11. (EVELA) ●●●●●●●● the room for time out from the upsetting situation.

12. Garden or spend time with gentle (MNASAIL)
 ●●●●●●●●●●