CALM DOWN STRATEGIES

I can choose after a safety practice

Deep Breath

Ask a Teacher for Help

Read a Poem

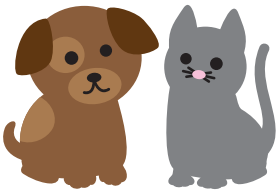
Color or Draw

Stretch

Count in Your Head

1,2,
3,4

Think Good Thoughts



Hug Yourself

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