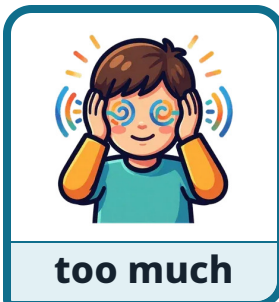
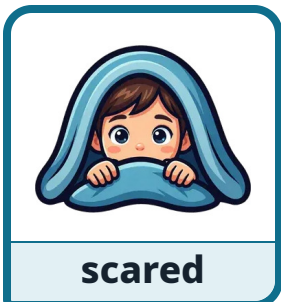
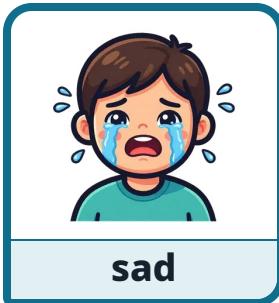
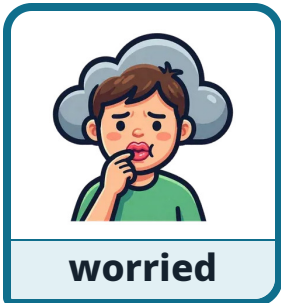
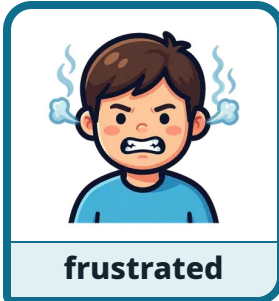
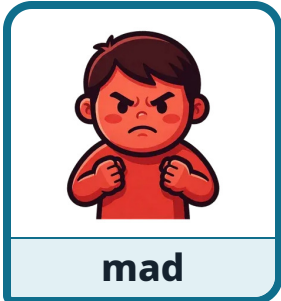




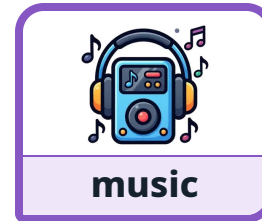
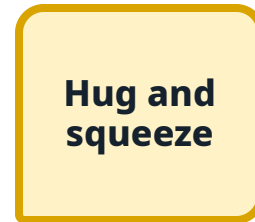
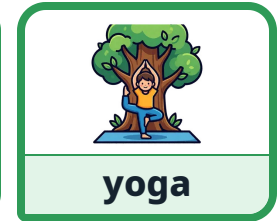
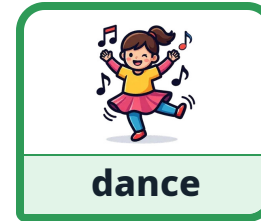
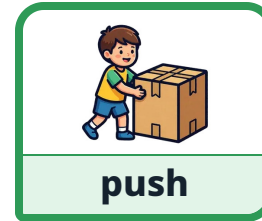
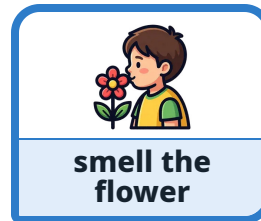
Calm down choices

When a big feeling comes, stop and pick one thing to try. Point to it, or hand over its card.

When I feel



I can



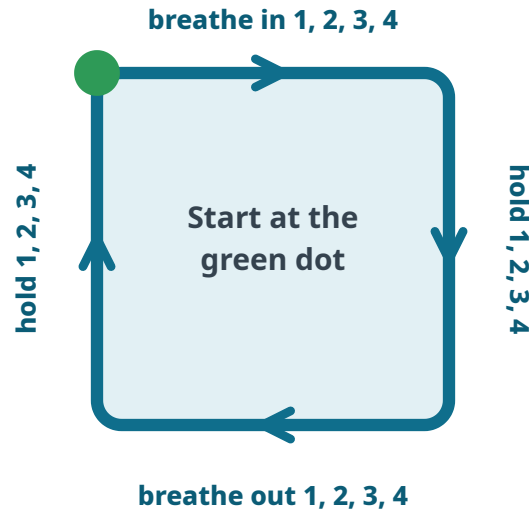
How do I feel now?





Breathe, then pick a card

Trace the square with a finger, one side for each breath. Do it together, slowly, three or four times.



Smell the flower

Breathe in slowly through your nose.



Blow out the candle

Breathe out slowly through your mouth.



I need to calm down

Point to this card, or hand it over.



I'm ready

I feel calm. I can go back.



Calm down cards

Cut on the dashed lines. Keep them on a key ring or in a calm-down spot, and hand one over to choose.

 smell the flower	 blow out slowly	 blow bubbles	 count to 10	 jump
 push	 dance	 yoga	 big hug	 hug my teddy
 squeeze ball	 blanket	 headphones	 music	 cold water
 color	 calm down	 I'm ready	Draw a picture or glue a photo here	
			Draw a picture or glue a photo here	