CALM-TIME PRACTICE CARDS

Practice before it's needed

Name _____

Cut out the 4 cards. Practice them when your child is calm, so they're ready when things get hard.

✂ Cut out the cards



stop



help



break



all done

How to practice: play "stop and go" with a toy car and hand over **stop**. Open a jar that's a little too tight and model **help**. When the card gets used for real, honor it right away, every time.

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