

# When I need a break, I can ...

take a deep breath,  
and count to 10.

1 2 3  
0 5 8 4 6  
9 7 10

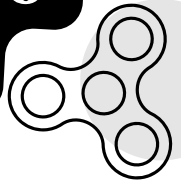
stretch my  
arms and legs.



read a calming book or  
look at pictures.



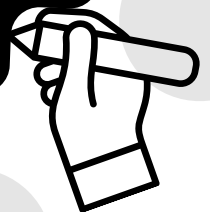
use a fidget toy  
to refocus.



draw or doodle  
quietly.



write about how  
I'm feeling.



close my eyes and  
imagine a peaceful place.



1 2 3

take 3 slow  
calming breaths.