

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

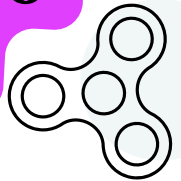
stretch my
arms and legs.



read a calming book or
look at pictures.



use a fidget toy
to refocus.



lll
draw or doodle
quietly.



close my eyes and
imagine a peaceful place.



write about how
I'm feeling.



1 2 3

take 3 slow
calming breaths.