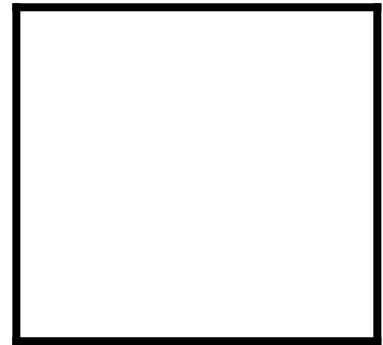
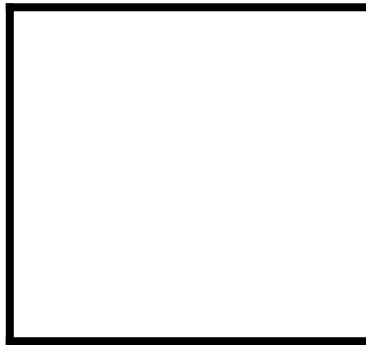
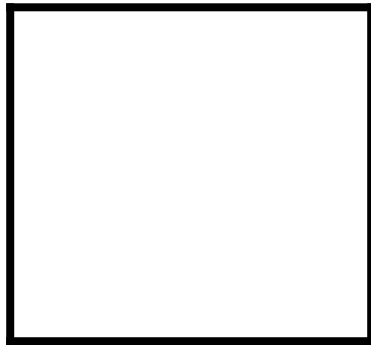


\_\_\_\_\_ 's

# Calm-Down Strategies Card

When I have big feelings and need to calm down, I will:



Take deep breaths



Get a drink



Go for a walk



Hum a song



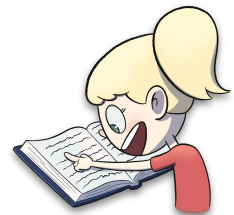
Go to the  
calm-down corner



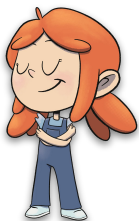
Count to 10



Stretch my body



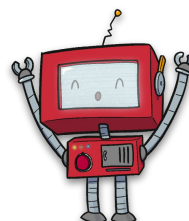
Read a book



Give myself a hug



Draw a picture



Push on the wall



Do a puzzle