

CALM-DOWN STRATEGIES CHART



Take deep breaths



Get a drink



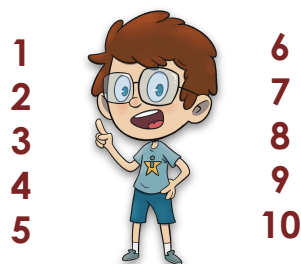
Go for a walk



Hum a song



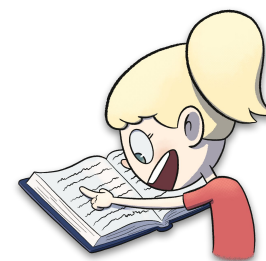
**Go to the
calm-down corner**



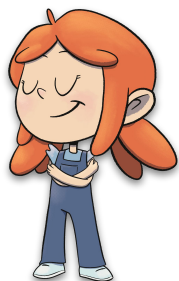
Count to 10



Stretch my body



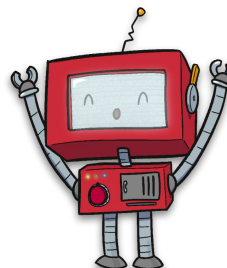
Read a book



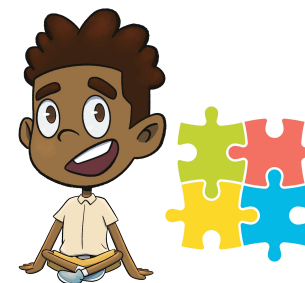
Give myself a hug



Draw a picture



Push on the wall



Do a puzzle