CALM-DOWN Regulation Choices



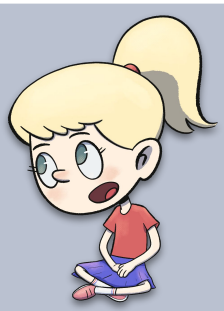
Deep Breathing



Stretch Muscles



Guided Meditation



Body Scan



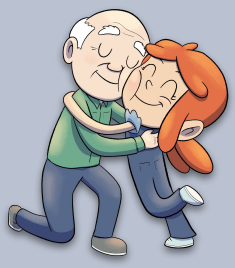
Notice Using Senses



Count Slowly



Visualize a Happy Time



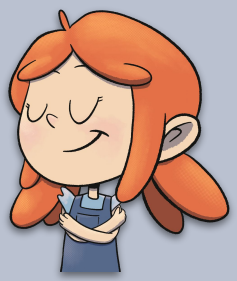
Ask for a Hug



Enjoy Music



Calm-Down Object



Close Eyes & Rest

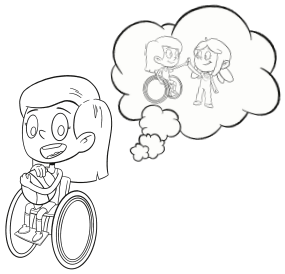
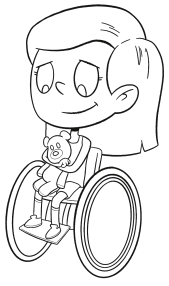
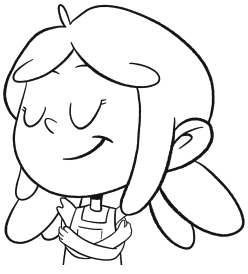


Take a Break

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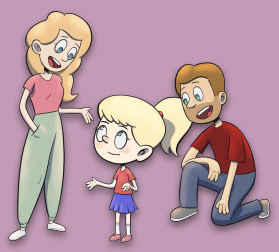
ENGLISH

CALM-DOWN Regulation Choices

 **Deep Breathing**	 **Stretch Muscles**	 **Guided Meditation**	 **Body Scan**
 **Notice Using Senses**	 **Count Slowly**	 **Visualize a Happy Time**	 **Ask for a Hug**
 **Enjoy Music**	 **Calm-Down Object**	 **Close Eyes & Rest**	 **Take a Break**

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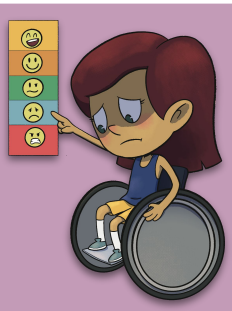
FOCUS Regulation Choices



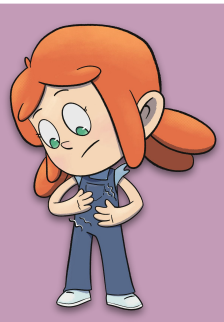
Ask for Help



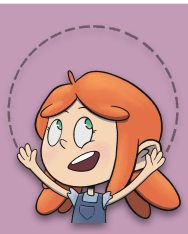
Journal Your Thoughts



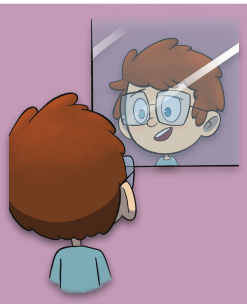
Notice Your Emotions



Notice Your Needs



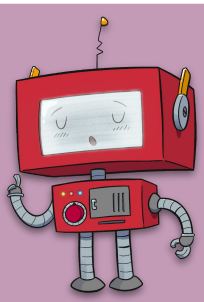
Reframe Your Thoughts



Positive Affirmations



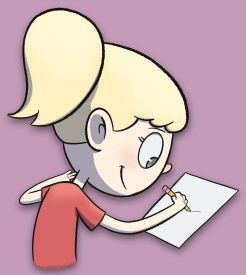
Plan Your Time



Prioritize Tasks



Control What You Can



List Your Options



Look to Your Future

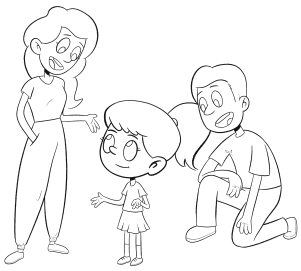
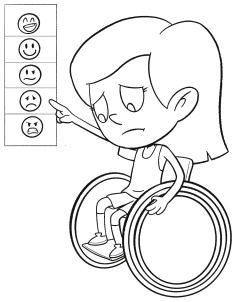
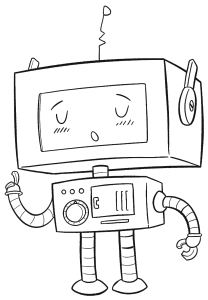
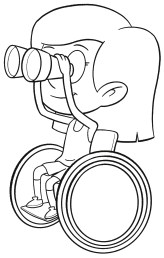


Set a Goal

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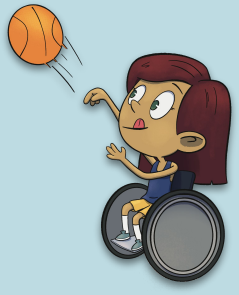
ENGLISH

FOCUS
Regulation Choices

 **Ask for Help**	 **Journal Your Thoughts**	 **Name Your Emotions**	 **Notice Your Needs**
 **Reframe Your Thoughts**	 **Positive Affirmations**	 **Plan Your Time**	 **Prioritize Tasks**
 **Control What You Can**	 **List Your Options**	 **Look to Your Future**	 **Set a Goal**

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ENERGIZE
Regulation Choices



Move Your Body



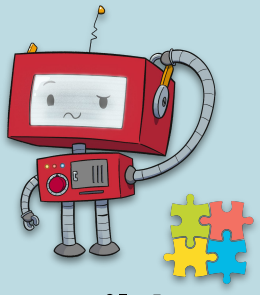
Dance to Music



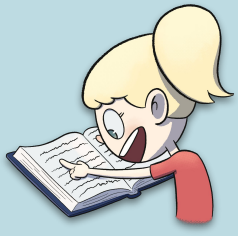
Go on a Walk



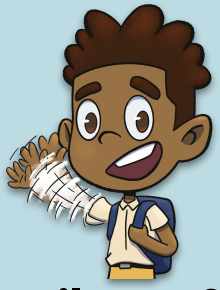
Create Artwork



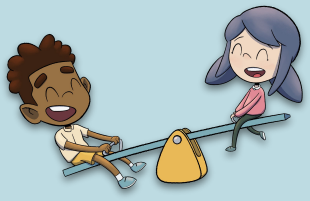
Build a Puzzle



Read a Book



Smile or Say Hello



Spend Time With Friends



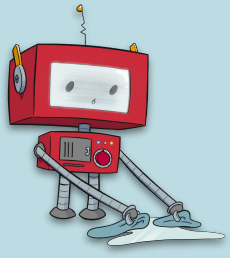
Serve Others



List Gratitudes



Switch Activities

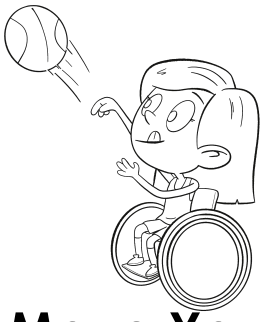
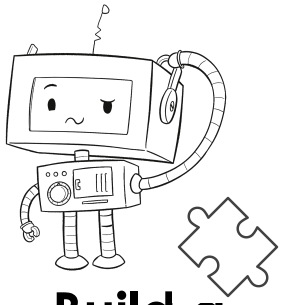
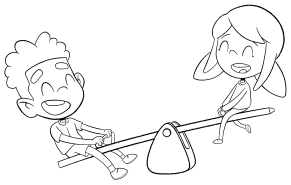
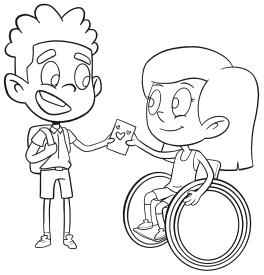
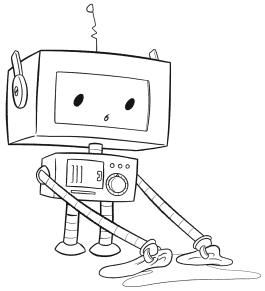


Clean Something

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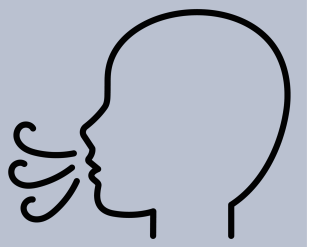
ENGLISH

ENERGIZE
Regulation Choices

 Move Your Body	 Dance to Music	 Go on a Walk	 Create Artwork
 Build a Puzzle	 Read a Book	 Smile or Say Hello	 Spend Time With Friends
 Serve Others	 List Gratitudes	 Switch Activities	 Clean Something

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CALM-DOWN Regulation Choices



Deep Breathing



Stretch Muscles



Guided Meditation



Body Scan



Notice Using Senses



Count Slowly



Visualize a Happy Time



Ask for a Hug



Enjoy Music



Calm-Down Object



Close Eyes & Rest

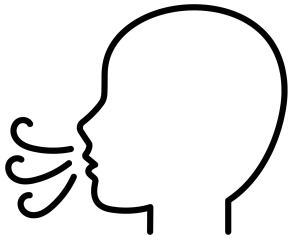
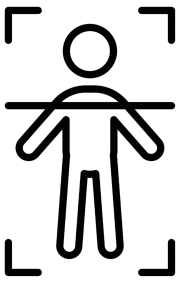
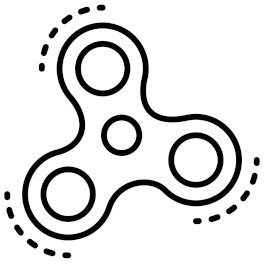


Take a Break

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ENGLISH

CALM-DOWN Regulation Choices

 **Deep Breathing**	 **Stretch Muscles**	 **Guided Meditation**	 **Body Scan**
 **Notice Using Senses**	 **Count Slowly**	 **Visualize a Happy Time**	 **Ask for a Hug**
 **Enjoy Music**	 **Calm-Down Object**	 **Close Eyes & Rest**	 **Take a Break**

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FOCUS Regulation Choices



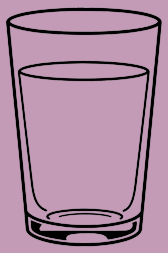
Ask for Help



Journal Your Thoughts



Notice Your Emotions



Notice Your Needs



Reframe Your Thoughts



Positive Affirmations



Plan Your Time



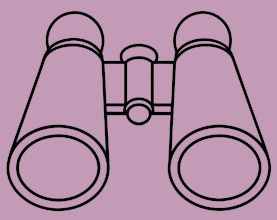
Prioritize Tasks



Control What You Can



List Your Options



Look to Your Future

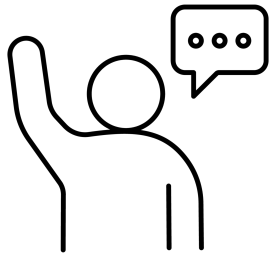
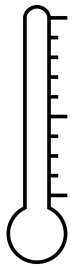
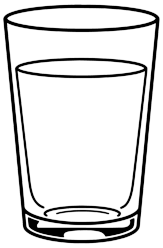
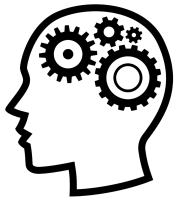
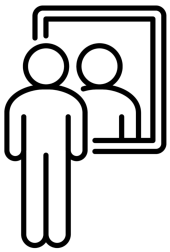
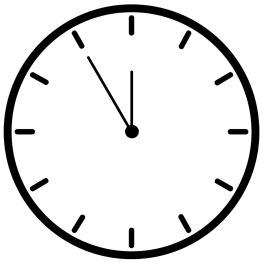
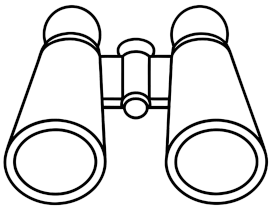


Set a Goal

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ENGLISH

FOCUS
Regulation Choices

 Ask for Help	 Journal Your Thoughts	 Name Your Emotions	 Notice Your Needs
 Reframe Your Thoughts	 Positive Affirmations	 Plan Your Time	 Prioritize Tasks
 Control What You Can	 List Your Options	 Look to Your Future	 Set a Goal

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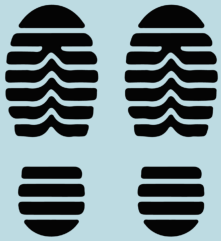
ENERGIZE Regulation Choices



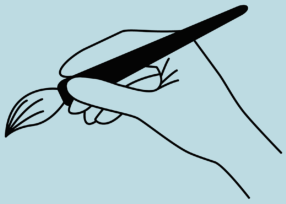
Move Your Body



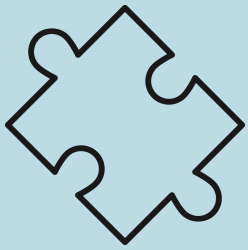
Dance to Music



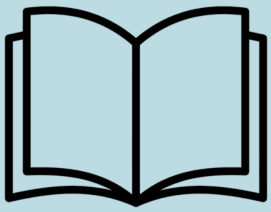
Go on a Walk



Create Artwork



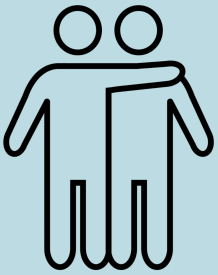
Build a Puzzle



Read a Book



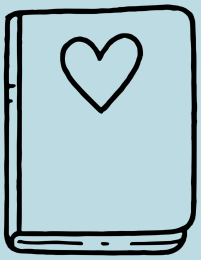
Smile or Say Hello



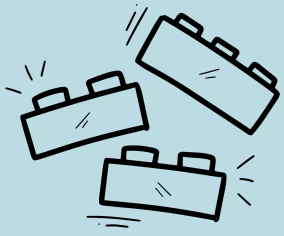
Spend Time With Friends



Serve Others



List Gratitudes



Switch Activities

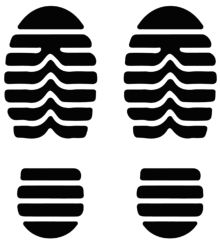
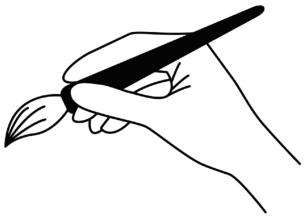
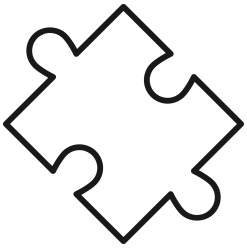
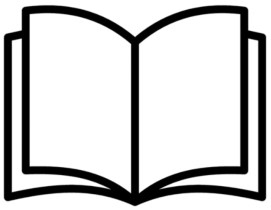
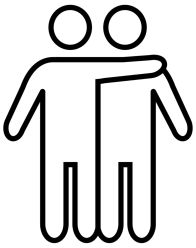
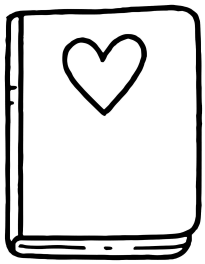
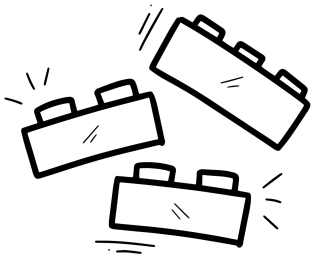


Clean Something

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ENGLISH

ENERGIZE
Regulation Choices

 Move Your Body	 Dance to Music	 Go on a Walk	 Create Artwork
 Build a Puzzle	 Read a Book	 Smile or Say Hello	 Spend Time With Friends
 Serve Others	 List Gratitudes	 Switch Activities	 Clean Something

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