 

**Take 3 Deep breaths Say “Calm Down” 5 Times**

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 **Count to 20 slowly Flex your muscles—**

 **Now Relax. Do this 3 times.**

![C:\Users\user\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\5CO0RH0J\MC900383564[1].wmf]()

 **Move to a place to calm down Walk away if sad or mad**



 I NEED TO CALM DOWN!!! I DID IT! HOORAY!



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