**I Need a ‘Breather’ I Need to Calm Down**

1. **Count backwards 1. Count backwards**

**SLOWLY from 10. SLOWLY from 10.**

**2. Take 3 deep breaths. 2. Take 3 deep breaths.**

**3. Think of a place that 3. Think of a place that**

**calms you. calms you.**

**4. Think about what made 4. Think about what**

**you mad- what can you made you mad -what**

**do now? can you do now?**

**5. Return to your seat. 5. Return to your seat.**

 

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