

When I feel out of control
I can.....

1. Go to a quiet spot
to sit.



2. Ask to go for a walk.



3. Ask an adult for help



4. Get a drink of water



5. Pause and count
slowly to 5

1 2 3 4 5

When I feel out of control I can.....



1. Go to a quiet spot



2. Go for a walk



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1 2 3 4 5

5. Pause and count slowly
to 5

CHOICES TO CALM DOWN

1. Ask for break



2. Go to a quiet spot



3. Go for a drink of water



4. Ask to go for a walk



5. Be Happy

