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

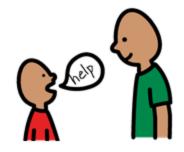
Go to a quiet spot to sit.



2. Ask to go for a walk.



3. Ask an adult for help



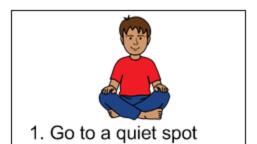
4. Get a drink of water



Pause and count slowly to 5

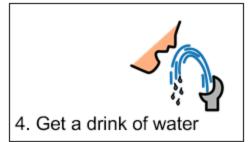
12345

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









12345

5. Pause and count slowly to 5

## CHOICES TO CALM DOWN

Ask for break



2. Go to a quiet spot



Go for a drink of water



4. Ask to go for a walk



5. Be Happy

