

I can calm myself down

1

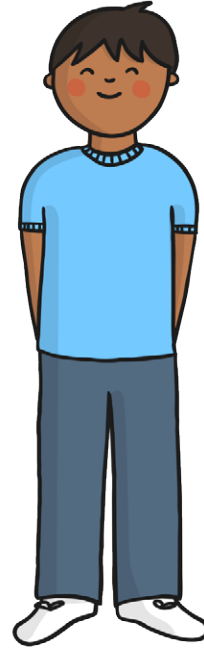


Take deep breaths.

twinkl.com

I can calm myself down

2



Keep hands and feet to myself.

twinkl.com

I can calm myself down

3



Count to ten.

twinkl.com

I can calm myself down

4



Think about what I am trying to say.

twinkl.com

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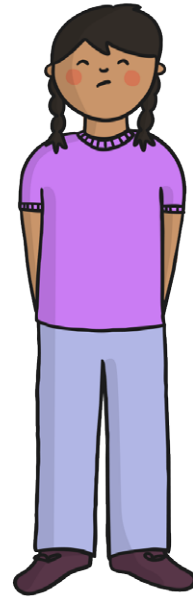


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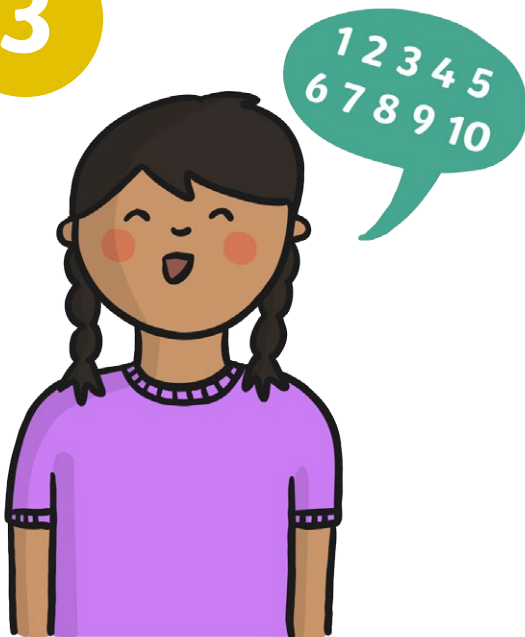


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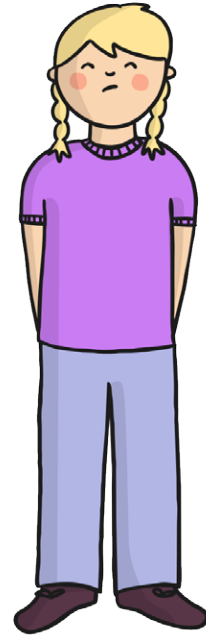


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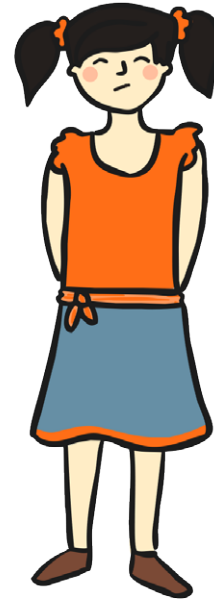


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