Name: _____

What are ways we can calm down?

use sensory toys

listen to music

scream

take deep breath

hit

cry

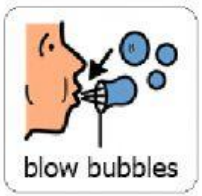
scratch others

walk

draw

run away

count


blow bubbles

drink water

throw things

take break