

SELF-CONTROL



5-10 MIN HOW MUCH YOU CAN FILL-IN-THE -BLANKS

| CALM DOWN BY DISTRACTING YOUR BRAIN | CALM DOWN BY USING YOUR IMAGINATION |
|-------------------------------------|-------------------------------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |
| 7. | 7. |
| 8. | 8. |
| 9. | 9. |
| 10. | 10. |

| THE BEACH | PEACEFUL PLACE |
|--------------------|----------------|
| READ A BOOK | PLAY A GAME |
| TALK TO SOMEONE | DRAW OR COLOR |
| LISTEN TO MUSIC | PEACEFUL PLACE |
| DRINK WATER | COUNT TO 10 |
| SITTING ON A CLOUD | IN THE WOODS |