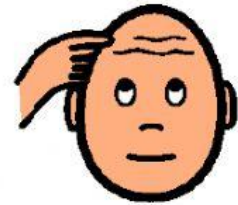




# Calm Down Reflection



It is important to stop and think about my actions.

How are you feeling?

tired



sad



excited



frustrated



embarrassed

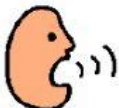


scared



What did you do?

scream



bully someone



throw somethin



destroy work



refused to work



not listen



bite someone



kick



hit others



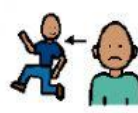
made a mess



push someone



run away



What will you do next time?

ask for help



use nice hands



clean up



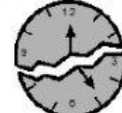
listen



work



ask for a break



Signature: \_\_\_\_\_ Date: \_\_\_\_\_