



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