

Name: _____

What are ways we can calm down?



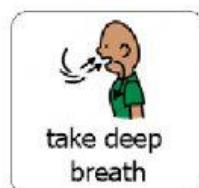
use sensory toys



listen to music



scream



take deep breath



hit



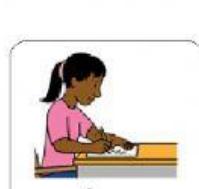
cry



scratch others



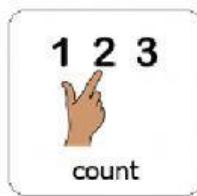
walk



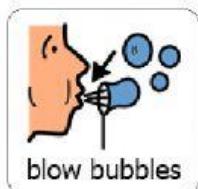
draw



run away



count



blow bubbles



drink water



throw things



take break