

Calm Down Chart

When I Feel Upset I Can...

Take a Deep Breath



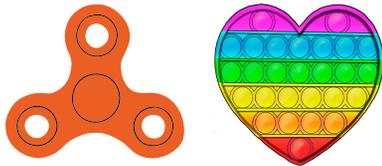
Count to 5



Give a Hug



Use a Fidget



Ask for Help



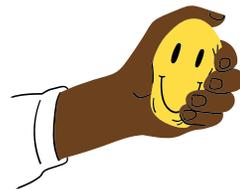
Go to a Cozy Spot



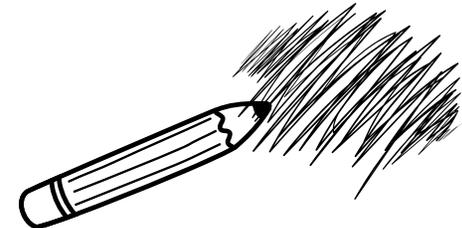
Read a Book



Squeeze a Stress Ball
or Pillow



Scribble on Paper





Calm Down Chart



When I Feel Upset I Can...

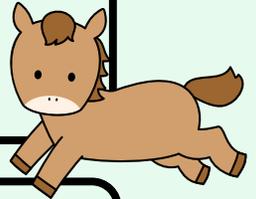
Take a Deep Breath



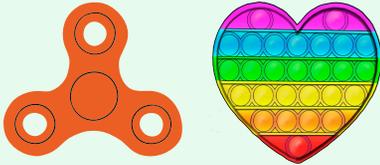
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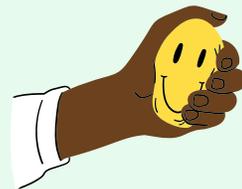
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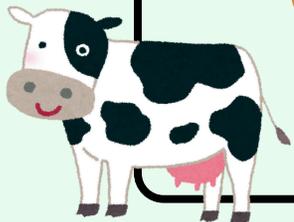
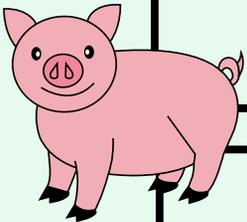
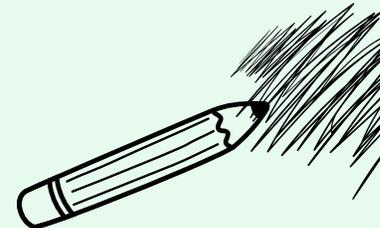
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**Squeeze a Stress Ball
or Pillow**



Scribble on Paper





Calm Down Chart



When I Feel Upset I Can...

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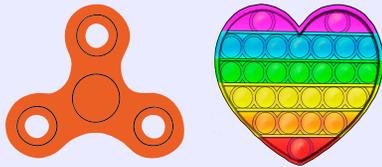
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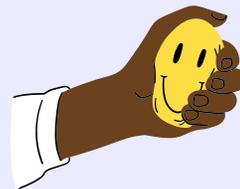
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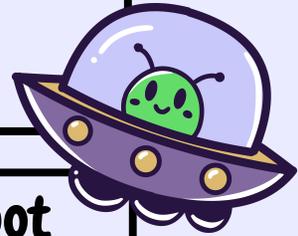
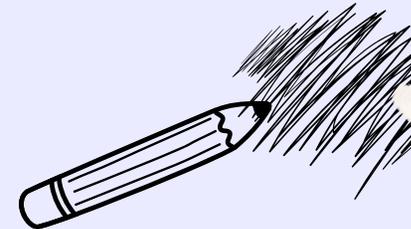
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Count to Five



Put My Hand on My Tummy

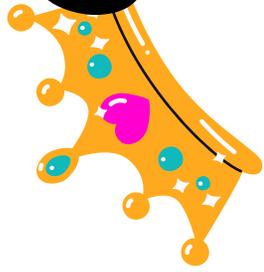


Tell Myself to Calm Down



Give a Hug





Calm Down Chart



When I Feel Upset I Can...

Take A Deep Breath



Count to Five



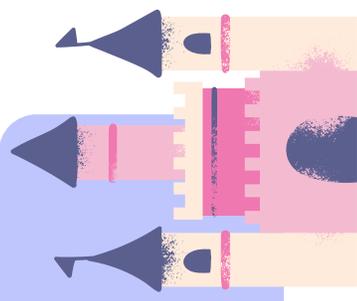
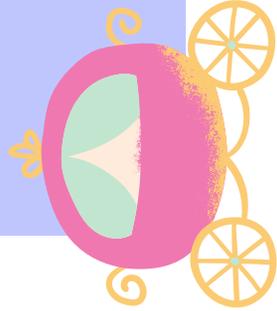
Squeeze a Stress Ball or Pillow



Tell Myself to Calm Down



Go to a Cozy Spot





Calm Down Chart

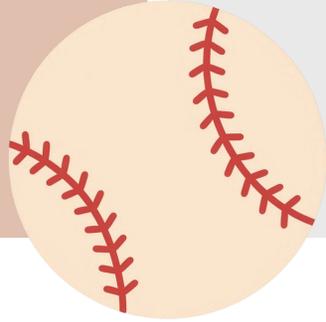


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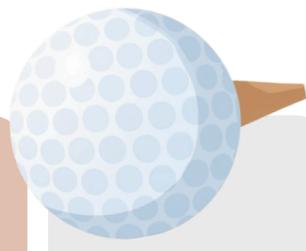
Take A Deep Breath



Count to Five



Squeeze a Stress Ball or Pillow

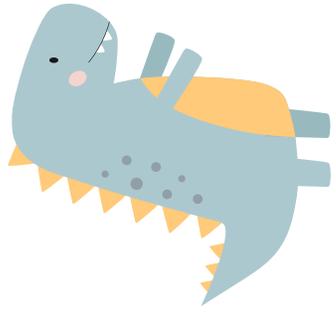


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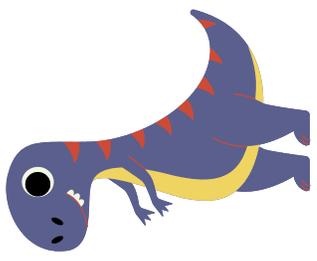


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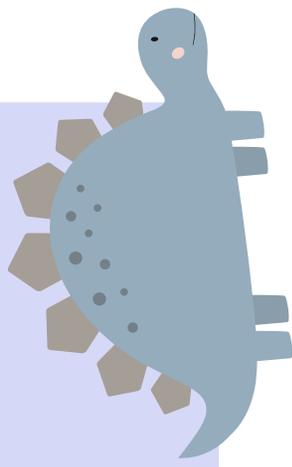
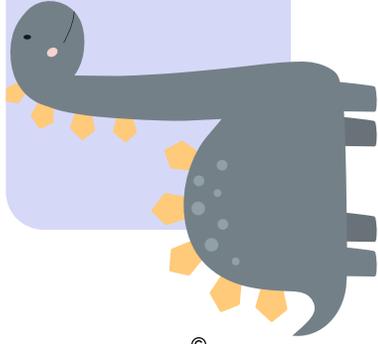
Squeeze a Stress Ball or Pillow

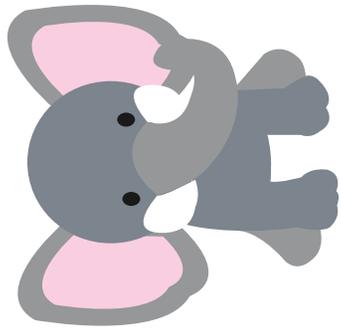


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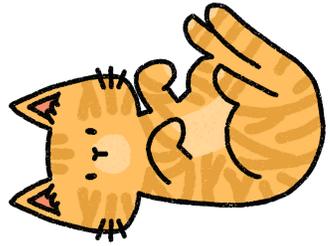


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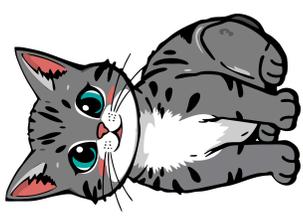


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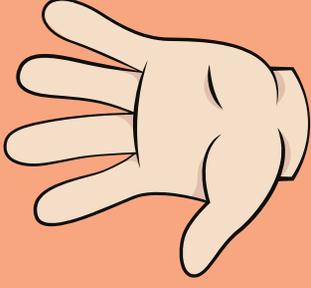


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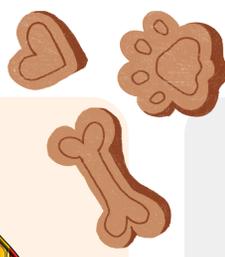
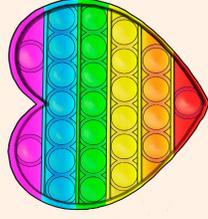
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Give a Hug



Use a Fidget



Go to a Cozy Spot



Scribble on Paper





Calm Down Chart

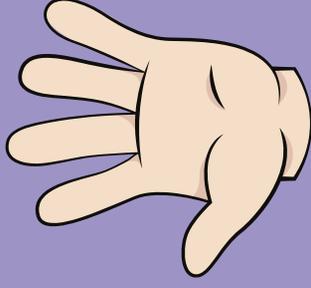


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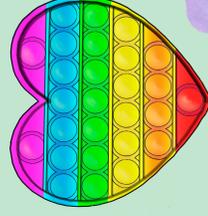
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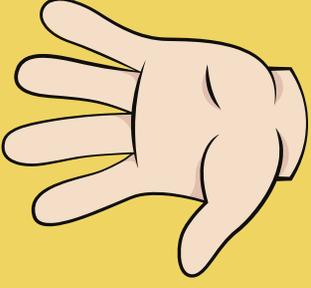


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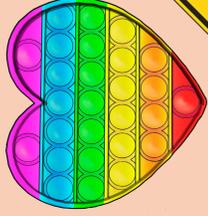
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