

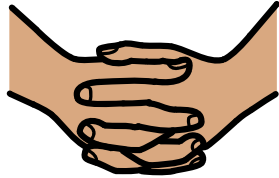
Calm Down



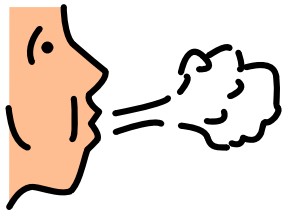
Sit on chair



Feet on floor



Fold hands



Take 3 deep breaths















Count to 10









Good work







Calm Down

	Sit on chair
	Feet on floor
	Fold hands
	Take 3 deep breaths
	Count to 10
	Good work

Calm Down	
	Sit on chair
	Feet on floor
	Fold hands
	Take 3 deep breaths
	Count to 10
	Good work

Calm Down

	Sit on chair
	Feet on floor
	Fold hands
	Take 3 deep breaths
	Count to 10
	Good work

Calm Down	
	Sit on chair
	Feet on floor
	Fold hands
	Take 3 deep breaths
	Count to 10
	Good work