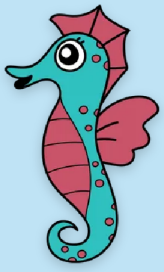
SPECIAL EDUCATION · K–5TH GRADE · CALM DOWN · 4 OF 5

My Calm-Down Menu

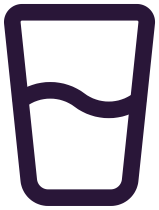
Circle the things that help you calm down. Star your favorite.

Name: _____ **Date:** _____





Take 5 deep breaths



Drink water



Take a walk



Read a book



Draw or color



Listen to music



Squeeze a pillow



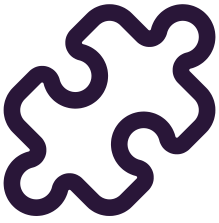
Count to 20



Sit in a quiet spot



Talk to a grown-up



Do a puzzle



Push hands together

My favorite way to calm down:

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