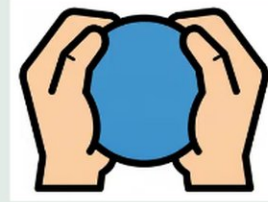


When I feel mad, I can...



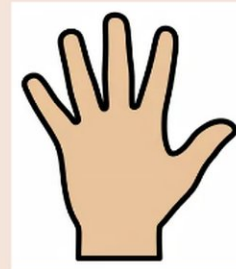
Take 3 big breaths



Squeeze my ball



Take a break



Ask for help



Get a drink

My own idea

1

Stop →

2

Breathe →

3

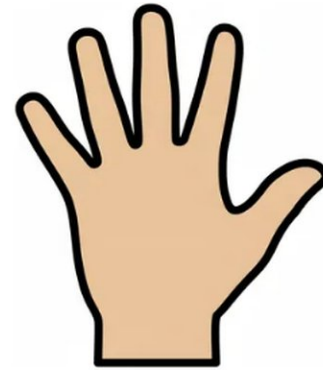
Choose

Desk cards

Cut apart on the dashed lines. Put a Velcro (sticky dot) on the back, or tape one to the desk.



I need a break



Help, please



I need a break



Help, please

How I feel

Move a picture to the strip. Then say it or point. Laminate. Print double-sided with the next page.

I	feel	
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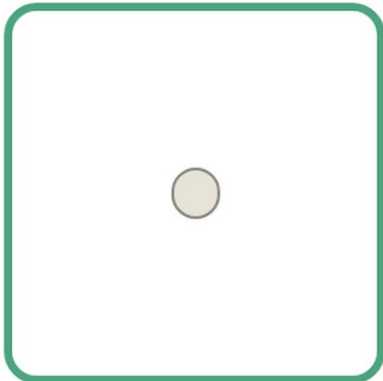
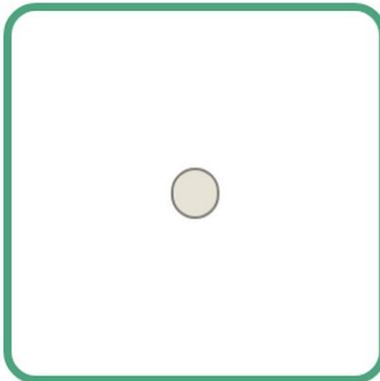
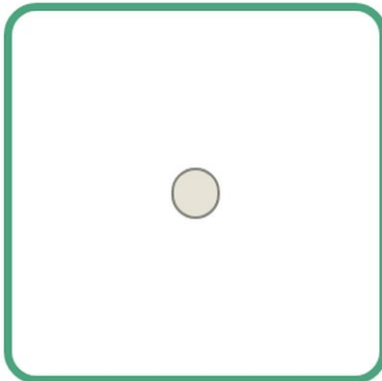
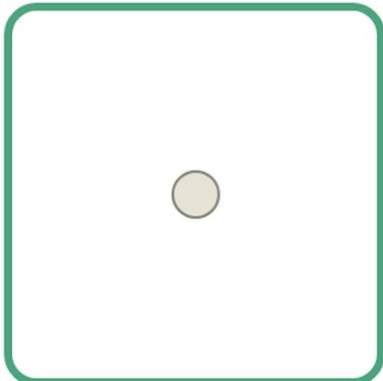
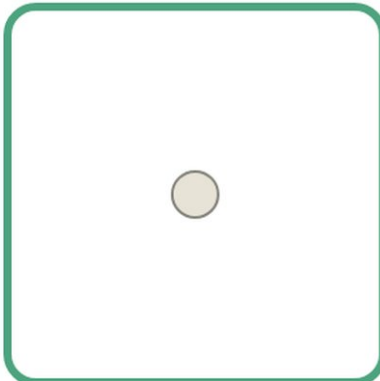
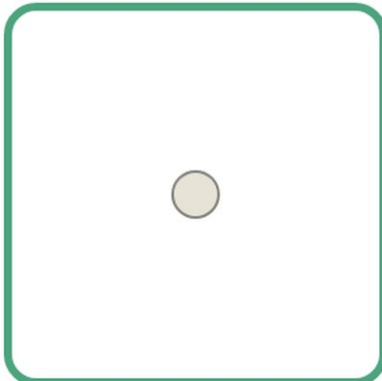
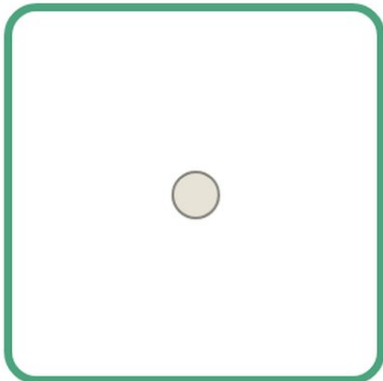
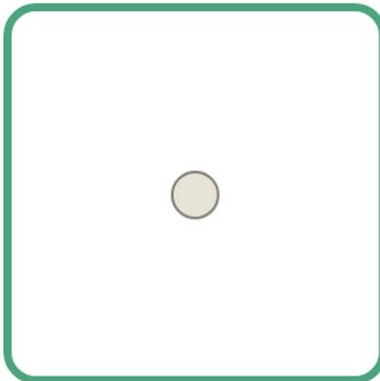
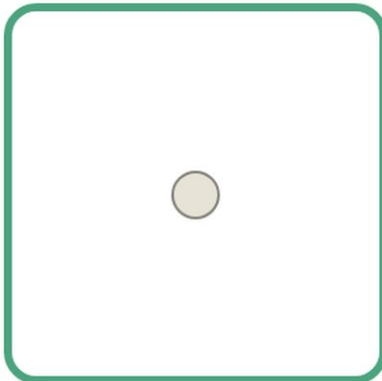
My feelings (tiles live here; move one up to the strip)

What I need

Move a picture to the strip. Then say it or point. Laminate this board.

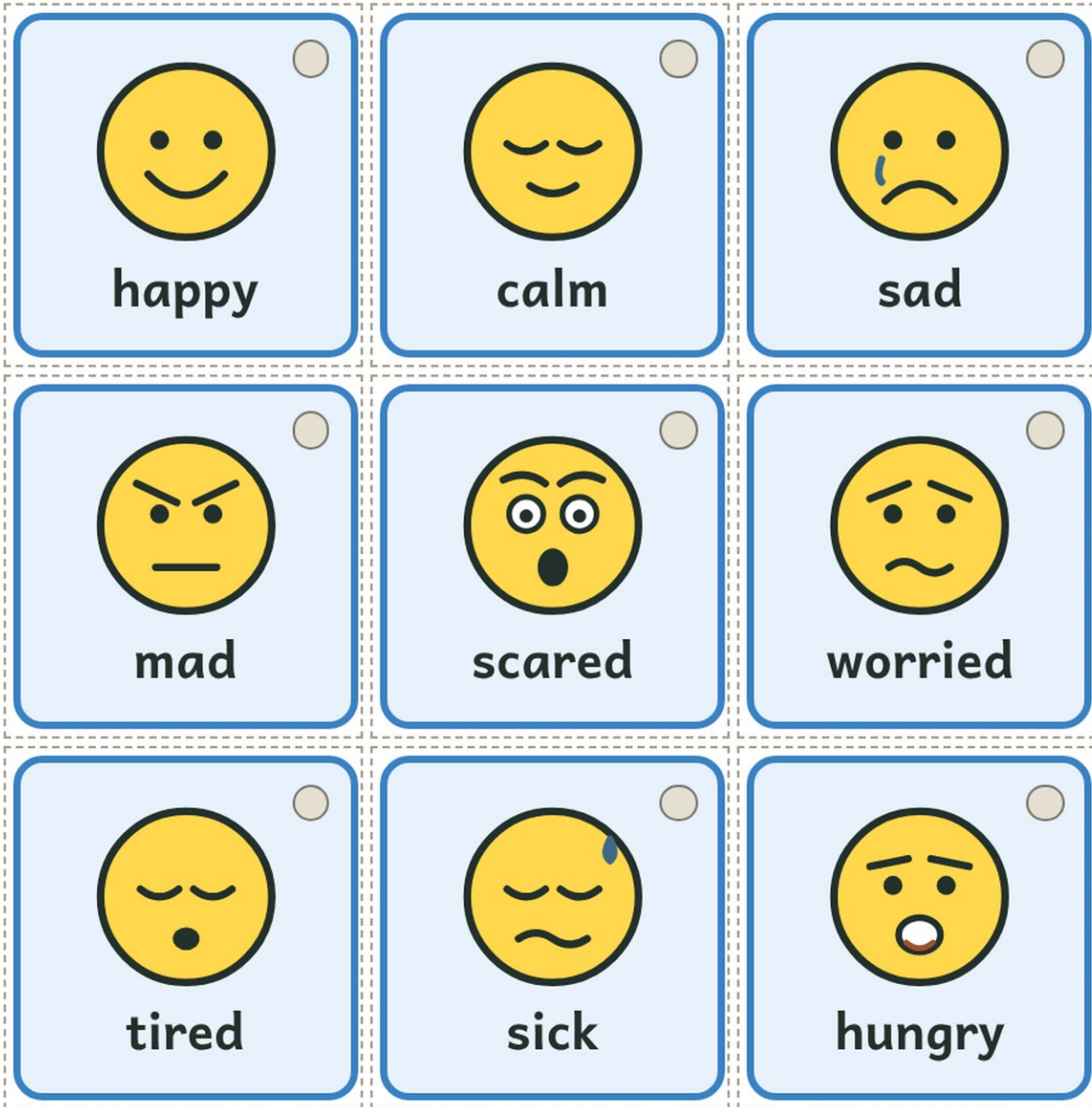


My needs (tiles live here; move one up to the strip)



Feeling tiles

Laminate, cut out the tiles, add Velcro (sticky dots). Put the other Velcro dot on the back of each tile.



Need tiles

Laminate, cut out the tiles, add Velcro (sticky dots). Put the other Velcro dot on the back of each tile.

