

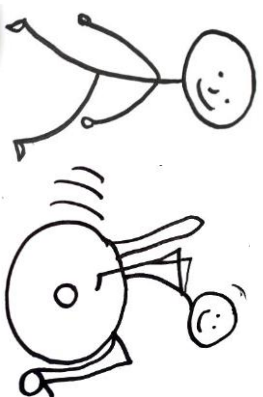
Read

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Drink Water

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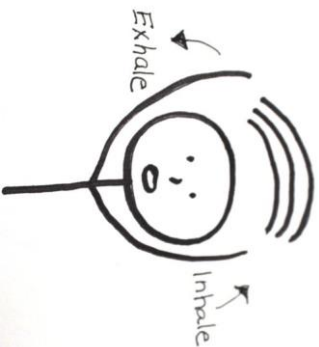
Walk / Roll

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Color

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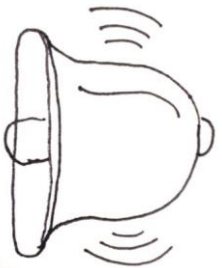
Rainbow Breaths

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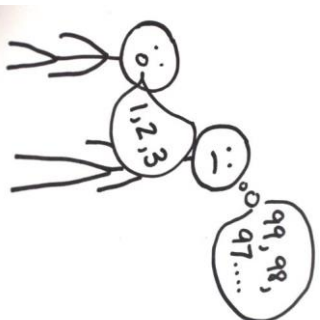
Listen to Music

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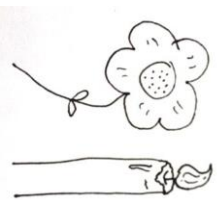
Listen to the Bell
Raise Your Hand
When you can't hear

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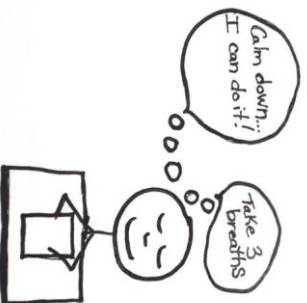
Count

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Breathe
smell the flower,
blow out the candle

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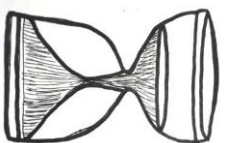


Self Talk

Take 3 Breaths

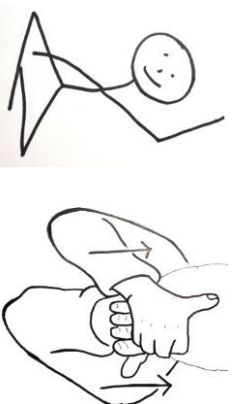
Calm down... I can do it!

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Take a Break

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Ask for Help

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Square Breathing

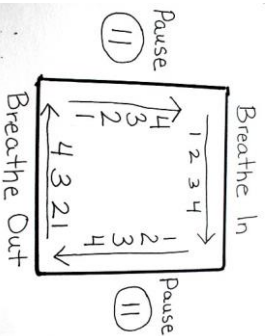
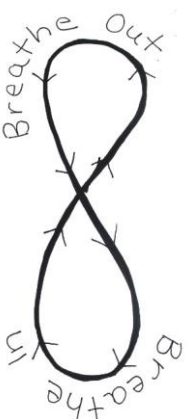


Figure 8s Hands or Feet



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Figure 8 Breathing



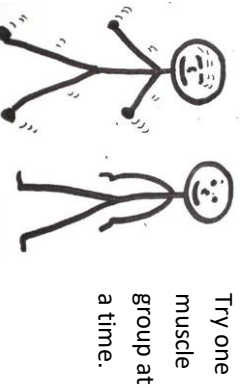
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Look For Your Favorite Color around the room



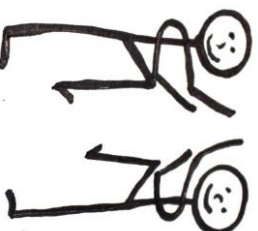
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Squeeze Muscles Slowly Release



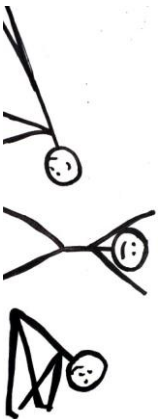
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Cross Body Elbows to Knees



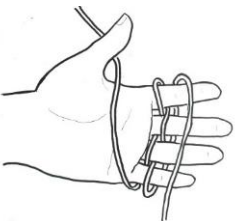
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Whole Body Movements



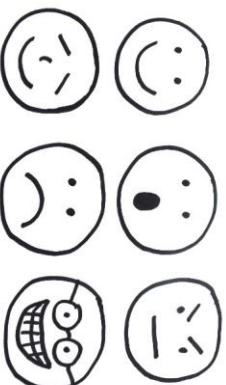
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Finger Knitting



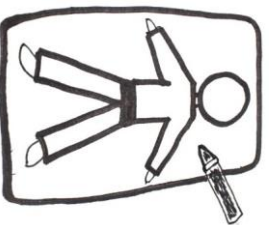
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List Feelings Big and Small



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Color Feelings in body outline



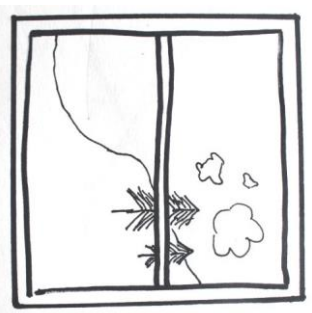
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Write a Note to someone you care about

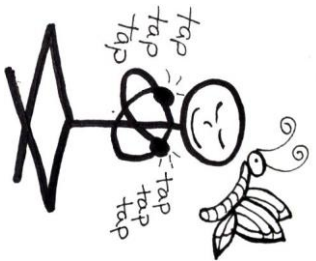


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Look Outside



Butterfly Tapping



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Draw



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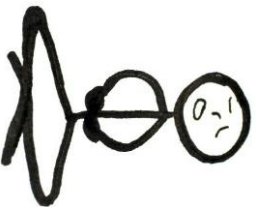
Breathe



Hand
on Heart
Hand
on Belly

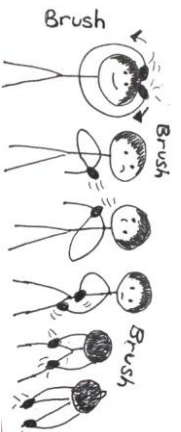
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Breathe Feel Your Belly



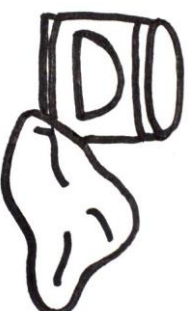
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Brush Off the Stress (or slime or water) Head to Toe



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Play Dough



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Lay Down



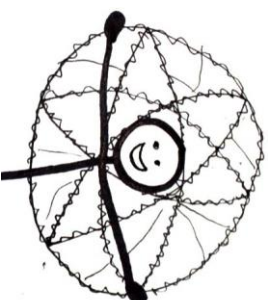
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Knees to Elbows Cross Crawl



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Hoberman Sphere



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Think Tree



Branches
to sky.
Strong
trunk.
Rooted
in the
ground.

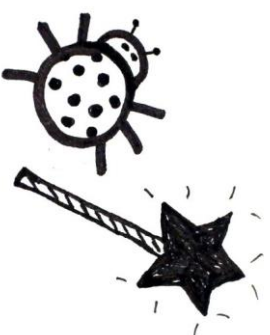
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Do a Helpful Job in Your Classroom



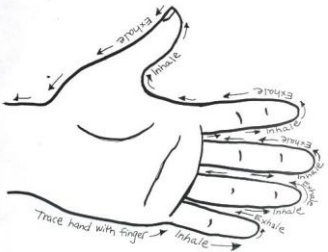
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Bugs & Wishes



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Finger Breathing



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Finger Focus



Press palms flat.
Move each pair of
fingers apart without
moving the others.
Start slow. Then,
increase speed.

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Hot Cocoa (or Soup) Breathing



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Headphones



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Use Positive Time Out Area



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Shake Your Body



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Notice...

3 things you see
3 things you hear
3 textures you can touch



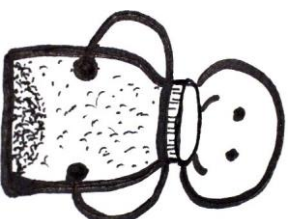
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Imagine a Calm Place



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Glitter Bottle



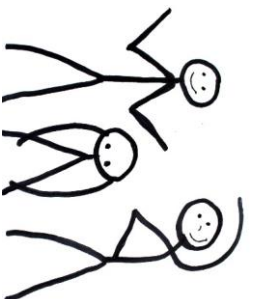
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Stress Ball



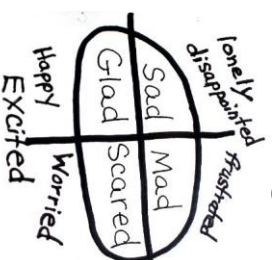
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Stretch



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Name Your Feeling



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Sound Discipline
making connections that matter



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making connections that matter



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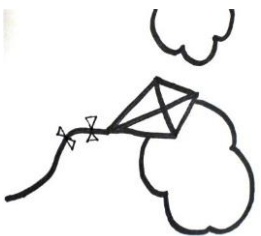
Sound Discipline
making connections that matter



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making connections that matter

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Imagine Flying a Kite



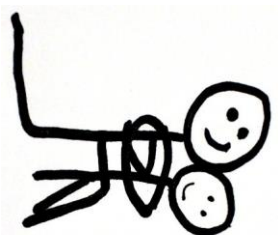
Picture
it way
up in
the sky.
Slowly
pull it in.

Change the Scene (Take a Break in a Different Place)



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Ask for a Hug



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Self Hug



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Make a List of Bugs & Wishes



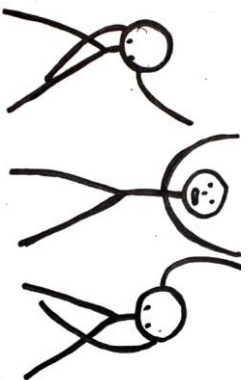
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Write a Thank You Note to someone you appreciate



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Windmills



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Clap Rhythms



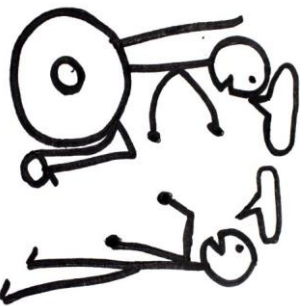
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Wet Dog Shake



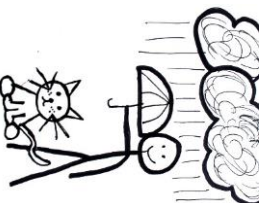
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Talk to Someone



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Random Act of Kindness



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Balance on one foot or press feet into floor



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Create Your Own

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Create Your Own

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Create Your Own

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Create Your Own

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Create Your Own



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making connections that matter



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