

Calming Strategies

When I feel a little **anxious** or **uncomfortable** I can:

- ask for a drink
- put my head down
- close my eyes
- hold an object that helps me relax

When I feel very **frustrated** or **stressed** I can:

- change activities
- take 5 deep breaths
- ask an adult for help
- ask for a break away

When I feel **bullied**...

- I can tell the student to stop
- I can walk away, turn away or ignore
- I can find something else to do
- I can ask an adult for help

Break Pass

This pass gives you permission to take a break in the ESE office for up to _____ minutes. When the time is up, you will return quickly and quietly to class.

Teacher:

Time of day:

Returned to class: