

My Calming Strategies

I can squeeze my hands and pretend I'm squeezing an orange!



I can count to 10 slowly.



I can get sit still and pretend I'm in a shell like a turtle.



I can remember this rhyme and breathe in and out slowly.



"When I get up in the morning, I take a deep breath in and out slowly. Now I'm ready to try something new, like reading a book or tying my shoe!"