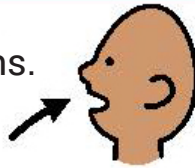
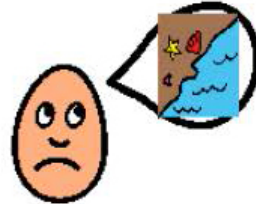


Things I Can Do to Stay Calm

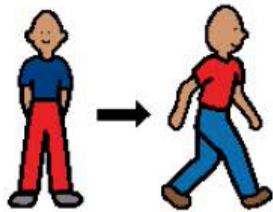
I can take three deep breaths.



I can envision a calm place, like the beach.



I can walk away.



I can write down what I'm feeling.



I can get a drink of water.



I can listen to a calm song.



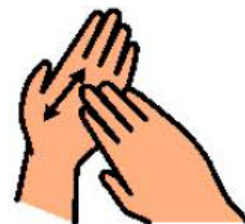
I can lie down if appropriate.



I can stretch.

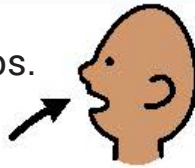


I can squeeze a ball or rub my hands together.

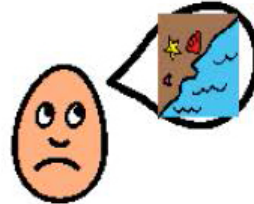


Cosas que puedo hacer

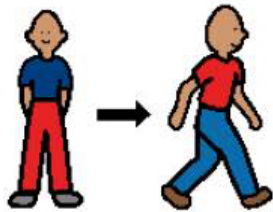
Tomar tres respiros profundos.



Imaginar un lugar en calma como la playa.



Me puedo retirar.



Puedo escribir lo que siento.



Tomar un vaso de agua .



Escuchar canciones suaves.



 Recostarme (Si se puede.)

Estirar mi cuerpo.



Apretar una pelota con mis manos.

