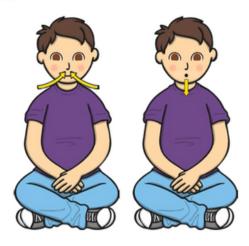
## **Calm Myself Down Prompt Cards**

I can calm myself down.

1



Take deep breaths.

I can calm myself down.

2



Keep hands and feet to myself.

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I can calm myself down.



Count to ten.

I can calm myself down.



Think about what I am trying to say.