

I can calm myself down

1



Take a deep breath.

twinkl.com

I can calm myself down

2



Count to ten.

twinkl.com

I can calm myself down

3

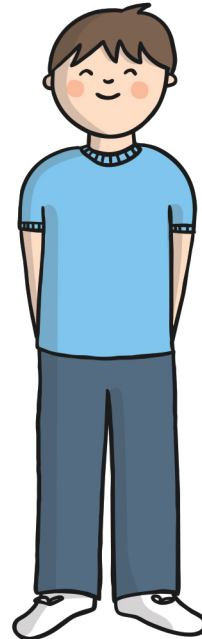


Think about what I
am trying to say.

twinkl.com

I can calm myself down

4



Keep hands and
feet to myself.

twinkl.com

I can calm myself down

1



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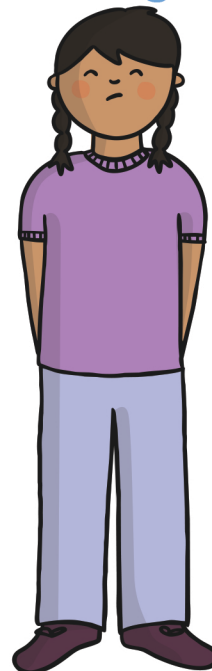


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Keep hands and
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