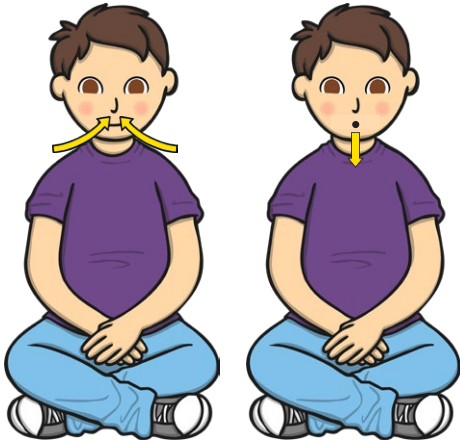


I can calm myself down.

1



Take deep breaths.

twinkl.com

I can calm myself down.

2



Keep hands and feet to myself.

twinkl.com

I can calm myself down.

3



Count to ten.

twinkl.com

I can calm myself down.

4



Think about what I am trying to say.

twinkl.com