

I can calm myself down

1



Take deep breaths.

I can calm myself down

2



Keep hands and feet to myself.

if down

if down

and self.

and self.

I can calm myself down

1



Take deep breaths.

I can calm myself down

2



Keep hands and feet to myself.

I can calm myself down

3



Count to ten.

I can calm myself down

4



Think about what I am trying to say.

if down

if down

what I o say.

what I o say.

I can calm myself down

3



Count to ten.

I can calm myself down

4



Think about what I am trying to say.

ink saving Eco