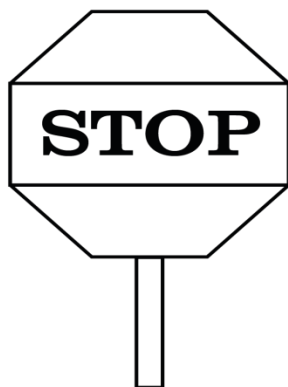
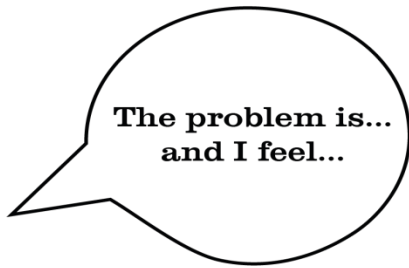


Poster Activity

Sequence the 3 Steps for Calming Down

Cut and stick the pictures and the 3 steps in the correct order to make your own 3 Steps for Calming Down Poster.



Step 1:

Step 2:

Step 3:

STOP

**Say the
problem and
how you feel
Take a long,
deep breath**

