



I am so happy
I will...



Sit quietly
with closed
eyes



Breath

1 2 3...
A B C

Count to 10
or recite my
alphabet



Then I slowly
open my eyes



Rest for a
second and
return to my
seat.



**I am so
frustrated**
I will...



Sit quietly
with closed
eyes



Breath

1 2 3...
A B C

Count to 10
or recite my
alphabet



Then I slowly
open my eyes



Rest for a
second and
return to my
seat.



I am so sad
I will...



Sit quietly
with closed
eyes



Breath

1 2 3...
A B C

Count to 10
or recite my
alphabet



Then I slowly
open my eyes



Rest for a
second and
return to my
seat.



**I am so
angry I
will...**



Sit quietly
with closed
eyes



Breath

1 2 3...

A B C

Count to 10
or recite my
alphabet



Then I slowly
open my eyes



Rest for a
second and
return to my
seat.