

Materials to Use



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



Sit quietly
with closed
eyes



Breathe

1 2 3... Count to 10
A B C... 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



Breathe

1 2 3... Count to 10
A B C... or recite my
alphabet



Then I slowly
open my eyes



Rest for a
second and
return to
my seat