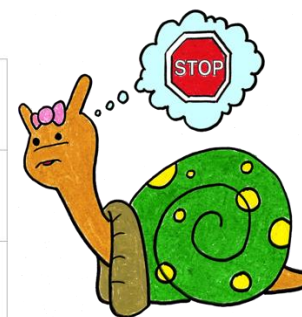
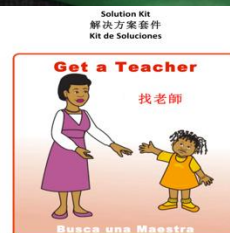
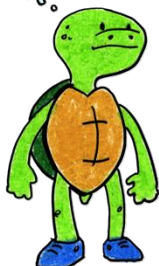




# teachingpyramid

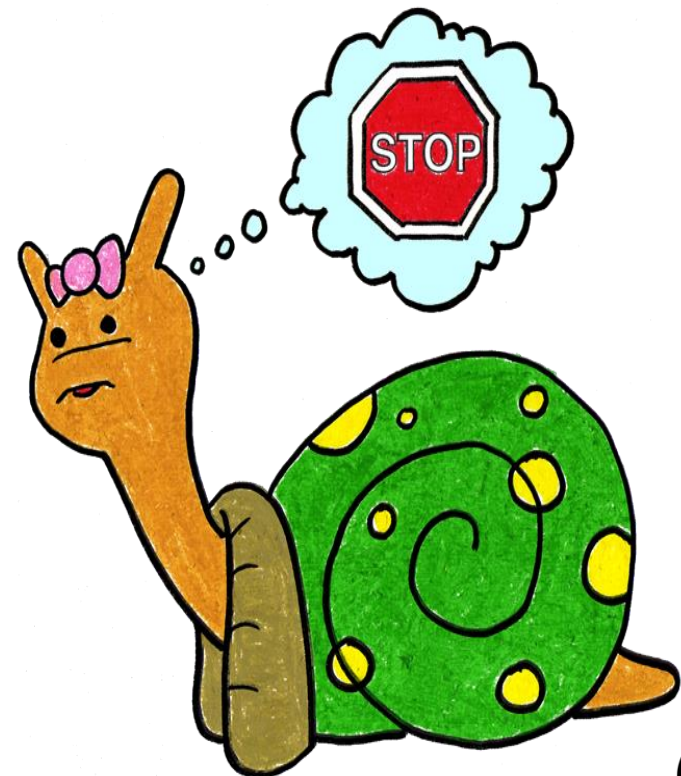
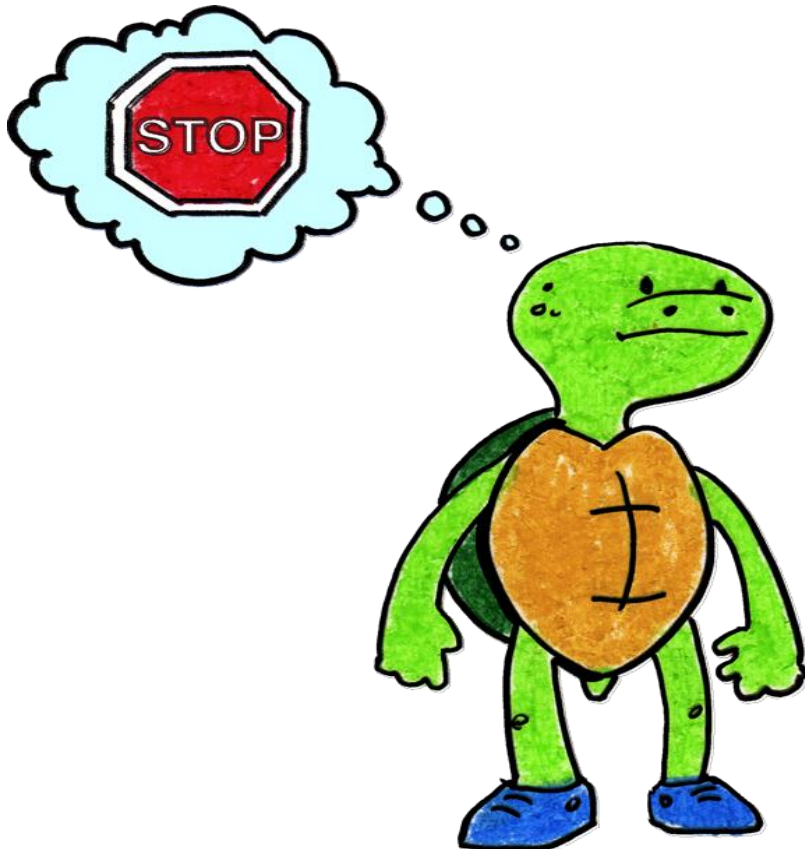


**When I am at school and I need help to calm down,  
what can I do?**

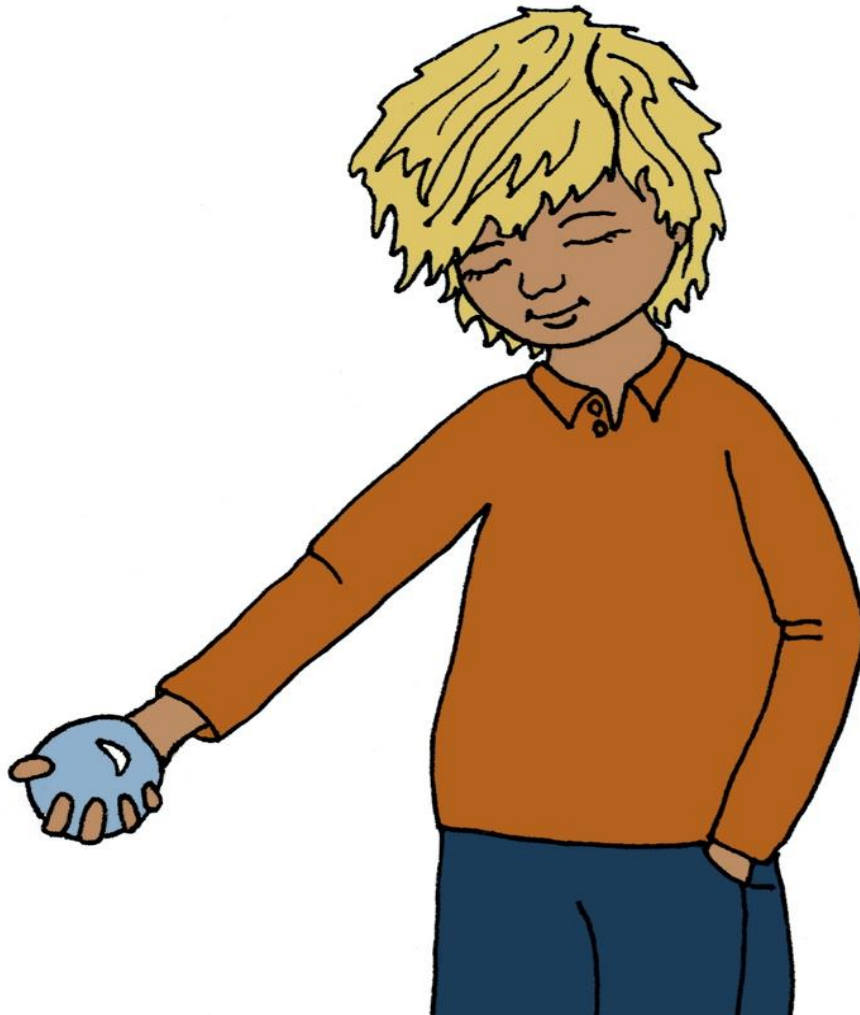
# There are many safe ways I can help myself to calm down.



**I can take 3 deep breaths like  
Tucker the Turtle and Sonia  
Snail and think calm thoughts.**



**I can squeeze a ball.**



# I can take slow deep breaths.





# I can do a wall pushups.



# I can pretend to smell a flower and blow out a candle.

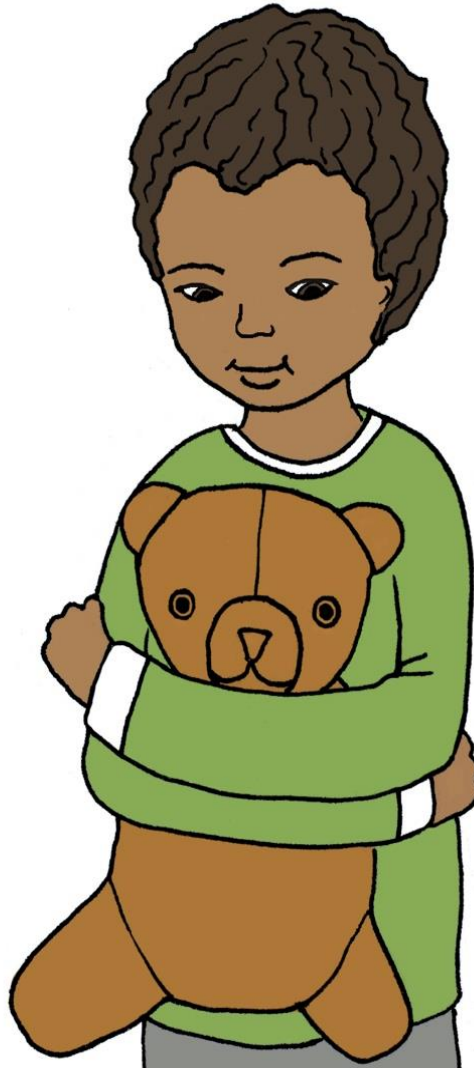
## First



## Then



**I can hug something.**





# I can do a drawing.



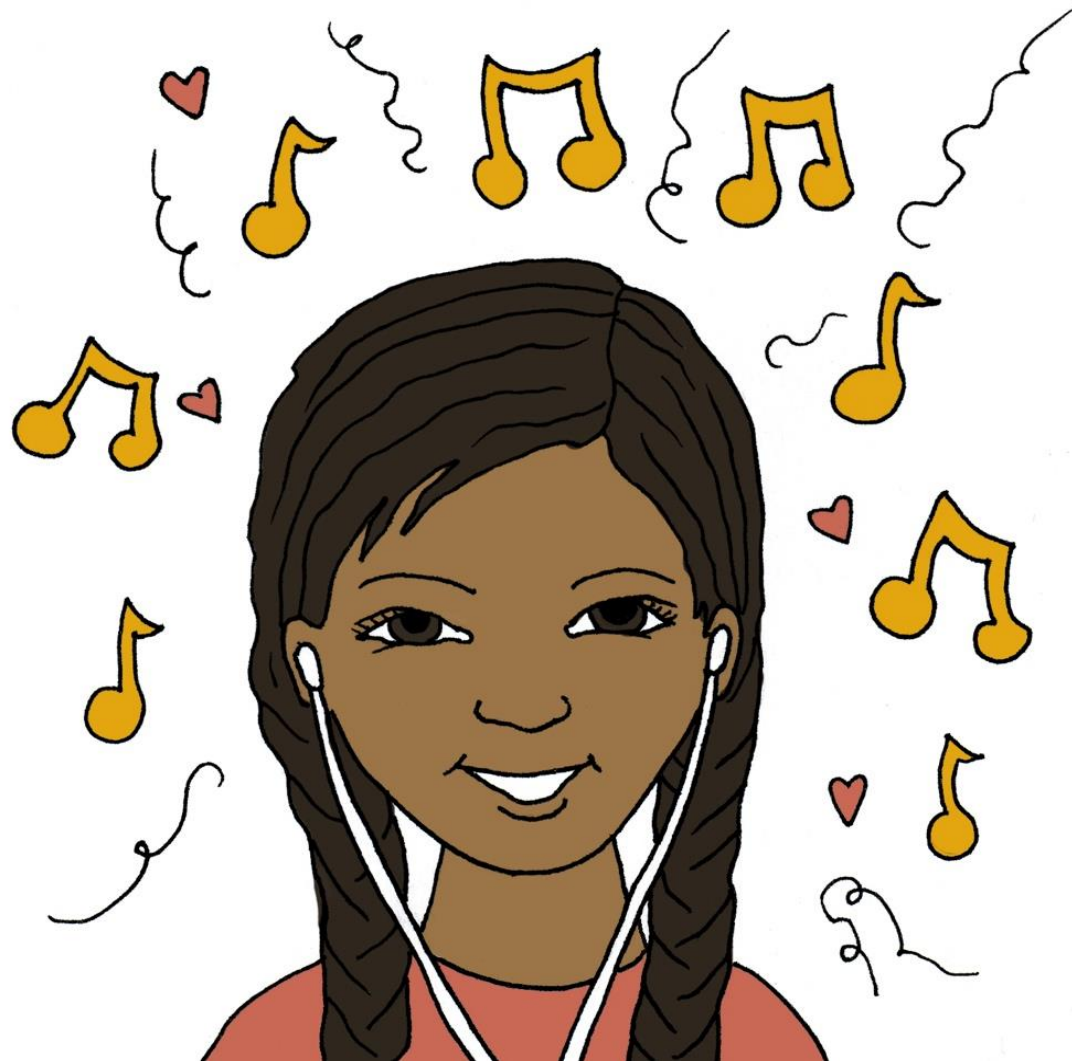
**I can go to the cozy area for space. I can pick something from the cozy box to help me calm down.**



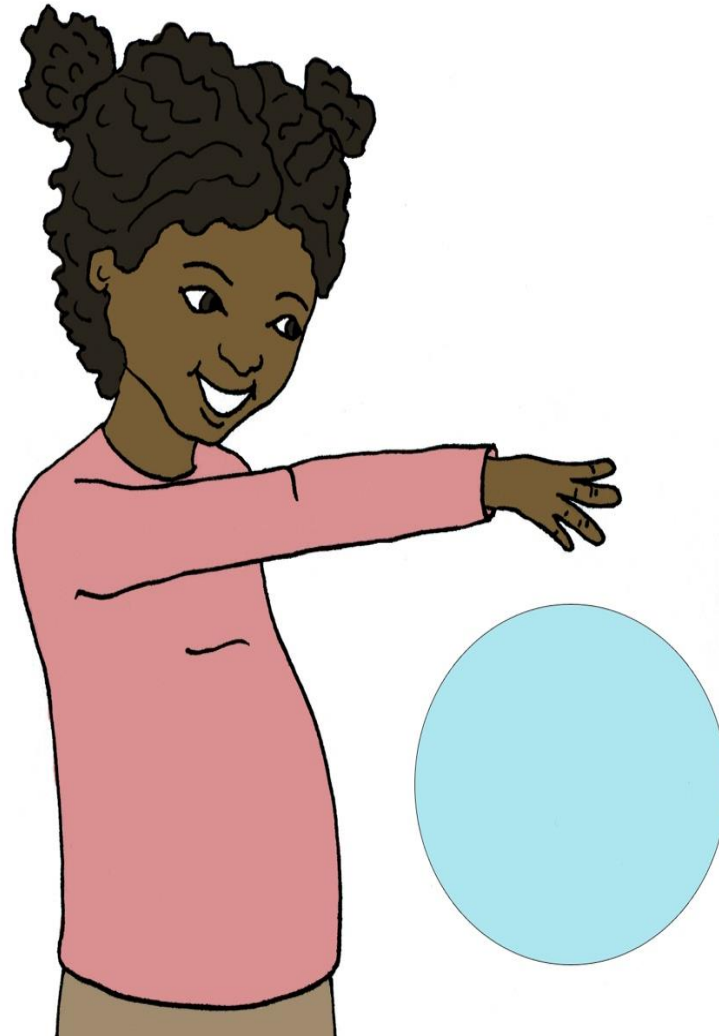
**This is a place the child self-selects to go to; s/he is not “sent” here.**



# I can listen to music.



**I can bounce a ball.**



# I can blow bubbles.





**I can count to ten and take slow  
breaths.**

1, 2, 3, 4, 5, 6, 7, 8, 9,  
10!





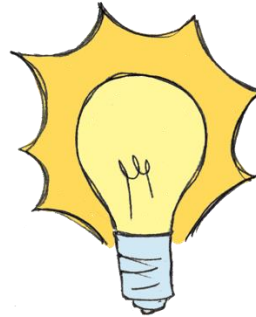
# I can do chair pushups.



**I can take a break and have  
some space.**



**I can stop and think, take 3 deep breaths and say to myself: “I can go with the flow”.**



# I can talk to my teacher.

Solution Kit  
解决方案套件  
Kit de Soluciones



**What is something I can do to help me  
when I need help to calm down at  
school?**



**I will try my best to see what might work  
at the time.**

