





It's too loud 	Quiet please 	I don't like it 	I made a mistake 
Help me please 	I want _____ 	Please stop 	No thank you 
It's too hard 	Give it back 	I need a break 	wait 

Time to CALM DOWN

stop  


Take 5 deep breaths  


Squeeze hands  


Say, "It's okay"  


Then I feel...  CALM






 I feel.... 

Hands to Yourself



wait



happy  Excited!	sad 	mad 
frustrated 	scared 	tired 