

Try these strategies with your child! The more you use a calming strategy and practice the strategy with your child, the more likely they are to use the strategy when experiencing anger, stress, sadness, or frustration.

I can...



take deep breaths



take a drink



draw a picture



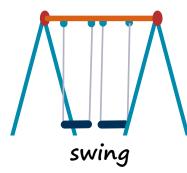
read a book



1,2,3,4,...

count

take a break









listen to music





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