






Calm Down Tools

<p>Smell the flower and blow out the candle!</p>  <p>Take a deep breath.</p>	<p>Count to 10</p> <p>1,2,3 4,5,6 7,8,9 10!</p>	<p>Visualize a calm place in your mind</p> 	<p>Tighten and relax your muscles</p> 	<p>Cheek to Cool Desk</p> 	<p>Self-Talk</p>  <p>Say to yourself....</p> <p>"I am upset and that's okay."</p> <p>"I can get through this."</p> <p>"I am still a good kid, I just made a wrong choice."</p>
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While I'm using my calming tools, I need to remember the

Safety Rules:

1. **I may not hurt myself.**
2. **I may not hurt others.**
3. **I may not hurt property.**

