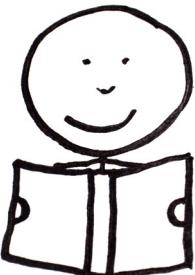
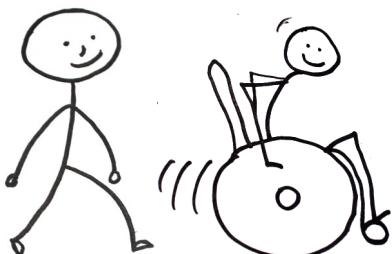
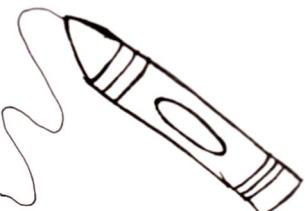
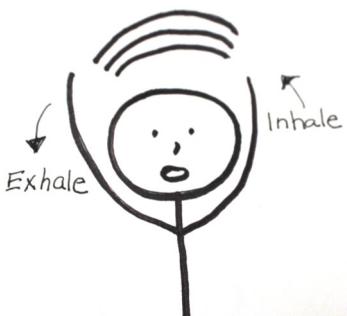
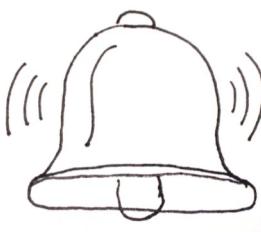
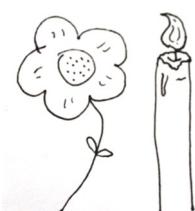


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|--|---|---|
| <p>Read</p>  <p>© 2019, Sound Discipline</p>  | <p>Drink Water</p>  <p>© 2019, Sound Discipline</p>      | <p>Walk / Roll</p>  <p>© 2019, Sound Discipline</p>  |
| <p>Color</p>  <p>© 2019, Sound Discipline</p>   | <p>Rainbow Breaths</p>  <p>© 2019, Sound Discipline</p> | <p>Listen to Music</p>  <p>© 2019, Sound Discipline</p>   |
| <p>Listen to the Bell<br/>Raise Your Hand<br/>When you can't hear it</p>  <p>© 2019, Sound Discipline</p> | <p>Count</p>  <p>© 2019, Sound Discipline</p>          | <p>Breathe<br/>smell the flower,<br/>blow out the candle</p>  <p>© 2019, Sound Discipline</p>  |
| <p>Self Talk</p>  <p>© 2019, Sound Discipline</p>   | <p>Take a Break</p>  <p>© 2019, Sound Discipline</p>   | <p>Ask for Help</p>   <p>© 2019, Sound Discipline</p> |



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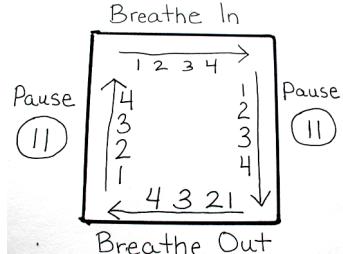
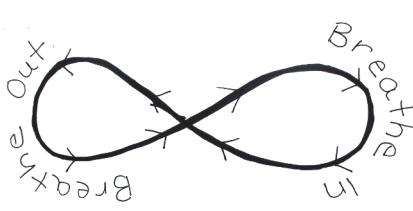
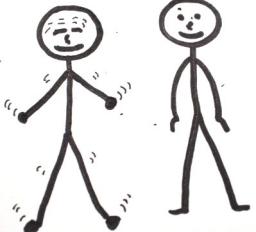
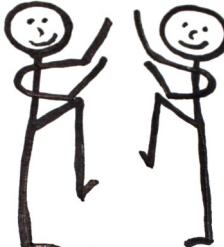
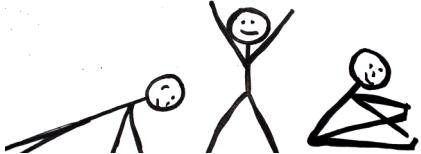
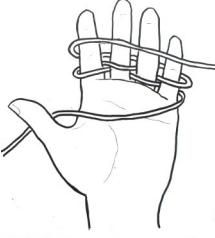
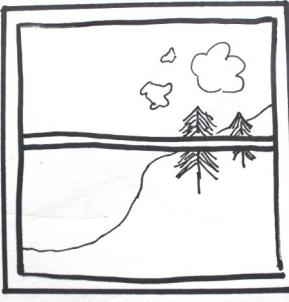
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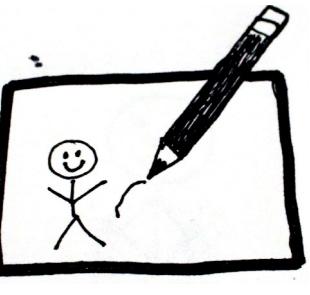
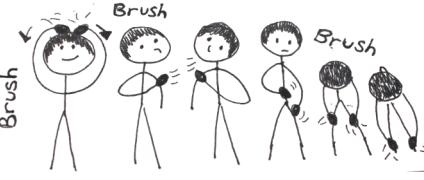
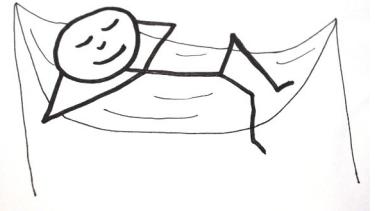
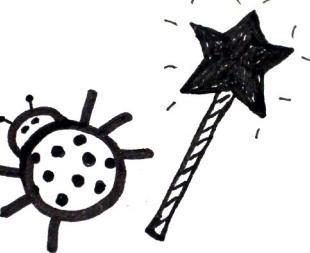
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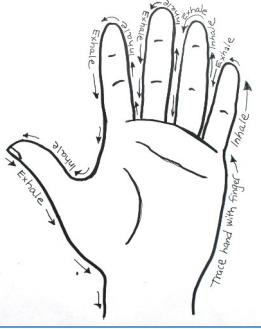
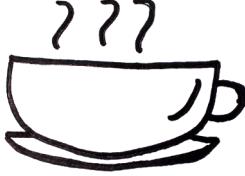
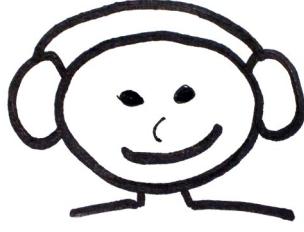
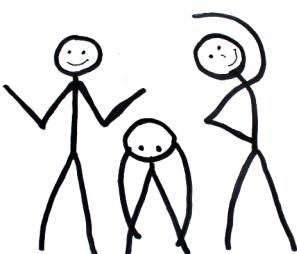
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|---|--|---|
| <p><b>Square Breathing</b></p>  <p>© 2019, Sound Discipline</p>                              | <p><b>Figure 8s Hands or Feet</b></p>  <p>© 2019, Sound Discipline</p>  | <p><b>Figure 8 Breathing</b></p>  <p>© 2019, Sound Discipline</p>            |
| <p><b>Look For Your Favorite Color around the room</b></p>  <p>© 2019, Sound Discipline</p> | <p><b>Squeeze Muscles Slowly Release</b></p>  <p>© 2019, Sound Discipline</p> <p>Try one muscle group at a time.</p> | <p><b>Cross Body Elbows to Knees</b></p>  <p>© 2019, Sound Discipline</p>   |
| <p><b>Whole Body Movements</b></p>  <p>© 2019, Sound Discipline</p>                        | <p><b>Finger Knitting</b></p>  <p>© 2019, Sound Discipline</p>  | <p><b>List Feelings Big and Small</b></p>  <p>© 2019, Sound Discipline</p> |
| <p><b>Color Feelings in body outline</b></p>  <p>© 2019, Sound Discipline</p>              | <p><b>Write a Note to someone you care about</b></p>  <p>© 2019, Sound Discipline</p>                               | <p><b>Look Outside</b></p>  <p>© 2019, Sound Discipline</p>                |

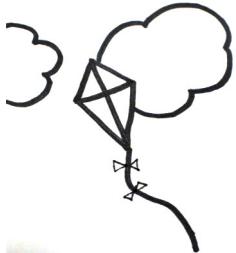
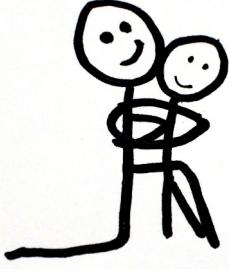
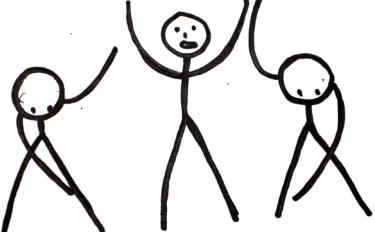
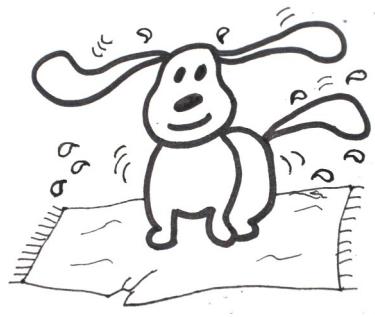
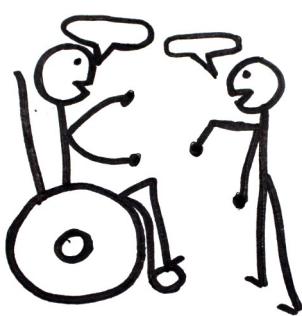


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|---|---|--|
| <p>Butterfly Tapping</p>  <p>© 2019, Sound Discipline</p>  | <p>Draw</p>  <p>© 2019, Sound Discipline</p>   | <p>Breathe</p> <p>Hand on Heart</p> <p>Hand on Belly</p>  <p>© 2019, Sound Discipline</p> |
| <p>Breathe<br/>Feel Your Belly</p>  <p>© 2019, Sound Discipline</p>   | <p>Brush Off the Stress<br/>(or slime or water)<br/>Head to Toe</p>  <p>© 2019, Sound Discipline</p> | <p>Play Dough</p>  <p>© 2019, Sound Discipline</p>                                       |
| <p>Lay Down</p>  <p>© 2019, Sound Discipline</p>   | <p>Knees to Elbows<br/>Cross Crawl</p>  <p>© 2019, Sound Discipline</p>                             | <p>Hoberman<br/>Sphere</p>  <p>© 2019, Sound Discipline</p>                             |
| <p>Think Tree</p>  <p>Branches to sky.<br/>Strong trunk.<br/>Rooted in the ground.</p> <p>© 2019, Sound Discipline</p> | <p>Do a Helpful Job in Your Classroom</p>  <p>© 2019, Sound Discipline</p>                           | <p>Bugs &amp; Wishes</p>  <p>© 2019, Sound Discipline</p>                               |



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|---|---|--|
| <h2>Finger Breathing</h2>  <p>© 2019, Sound Discipline</p>   | <h2>Finger Focus</h2>  <p>Press palms flat.<br/>Move each pair of fingers apart without moving the others.<br/>Start slow. Then, increase speed.</p> <p>© 2019, Sound Discipline</p> | <h2>Hot Cocoa (or Soup) Breathing</h2>  <p>© 2019, Sound Discipline</p> |
| <h2>Headphones</h2>  <p>© 2019, Sound Discipline</p>   | <h2>Use Positive Time Out Area</h2>  <p>© 2019, Sound Discipline</p>   | <h2>Shake Your Body</h2>  <p>© 2019, Sound Discipline</p>              |
| <h2>Notice...</h2> <p>3 things you see<br/>3 things you hear<br/>3 textures you can touch</p>  <p>© 2019, Sound Discipline</p> | <h2>Imagine a Calm Place</h2>  <p>© 2019, Sound Discipline</p>   | <h2>Glitter Bottle</h2>  <p>© 2019, Sound Discipline</p>              |
| <h2>Stress Ball</h2>  <p>© 2019, Sound Discipline</p>  | <h2>Stretch</h2>  <p>© 2019, Sound Discipline</p>  | <h2>Name Your Feeling</h2>  <p>© 2019, Sound Discipline</p>           |



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| <p>Imagine Flying a Kite</p>  <p>Picture it way up in the sky.<br/>Slowly pull it in.</p> <p>© 2019, Sound Discipline</p> | <p>Change the Scene<br/>(Take a Break in a Different Place)</p>  <p>© 2019, Sound Discipline</p> | <p>Ask for a Hug</p>  <p>© 2019, Sound Discipline</p>  |
| <p>Self Hug</p>  <p>© 2019, Sound Discipline</p>   | <p>Make a List of Bugs &amp; Wishes</p>  <p>© 2019, Sound Discipline</p>                       | <p>Write a Thank You Note<br/>to someone you appreciate</p>  <p>© 2019, Sound Discipline</p>  |
| <p>Windmills</p>  <p>© 2019, Sound Discipline</p>   | <p>Clap Rhythms</p>  <p>© 2019, Sound Discipline</p>   | <p>Wet Dog Shake</p>  <p>© 2019, Sound Discipline</p>  |
| <p>Talk to Someone</p>  <p>© 2019, Sound Discipline</p>   | <p>Random Act of Kindness</p>  <p>© 2019, Sound Discipline</p>                                 | <p>Balance<br/>on one foot<br/>or press feet into floor</p>  <p>© 2019, Sound Discipline</p> |



|                        |                        |                        |
|------------------------|------------------------|------------------------|
| <p>Create Your Own</p> | <p>Create Your Own</p> | <p>Create Your Own</p> |
| <p>Create Your Own</p> | <p>Create Your Own</p> | <p>Create Your Own</p> |
| <p>Create Your Own</p> | <p>Create Your Own</p> | <p>Create Your Own</p> |
| <p>Create Your Own</p> | <p>Create Your Own</p> | <p>Create Your Own</p> |
| <p>Create Your Own</p> | <p>Create Your Own</p> | <p>Create Your Own</p> |

