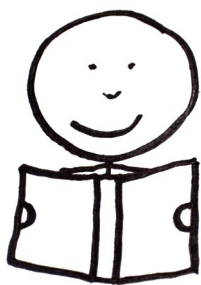


Read



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Drink Water



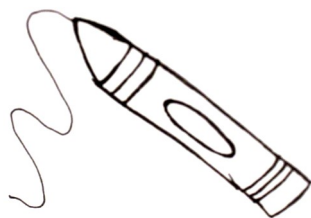
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Walk / Roll



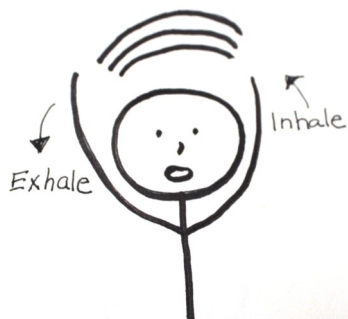
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Color



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Rainbow Breaths



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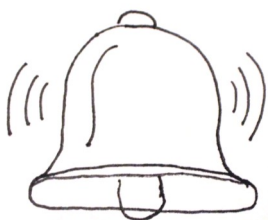
Listen to Music



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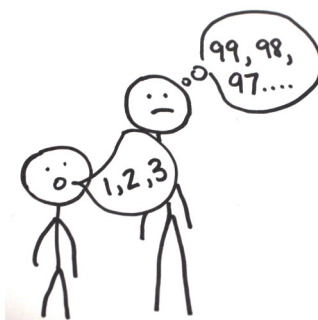
Listen to the Bell

Raise Your Hand
When you can't hear it



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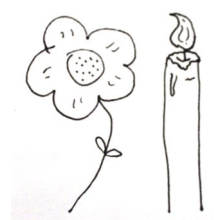
Count



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Breathe

smell the flower,
blow out the candle



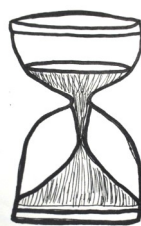
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Self Talk



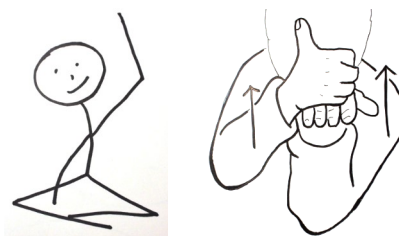
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Take a Break



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Ask for Help



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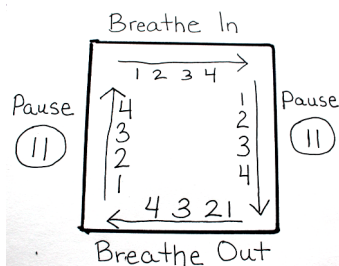


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Square Breathing



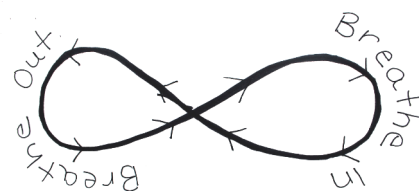
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Figure 8s Hands or Feet



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Figure 8 Breathing



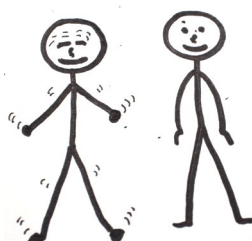
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Look For Your Favorite Color around the room



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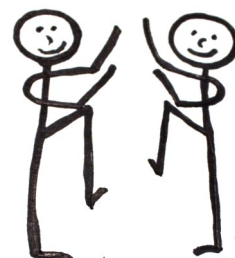
Squeeze Muscles Slowly Release



Try one muscle group at a time.

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Cross Body Elbows to Knees



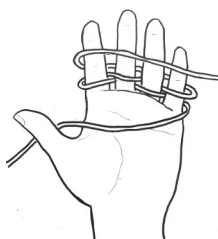
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Whole Body Movements



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Finger Knitting



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List Feelings Big and Small



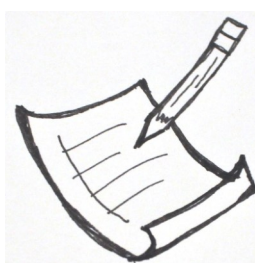
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Color Feelings in body outline



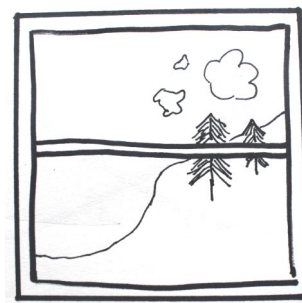
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Write a Note to someone you care about



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Look Outside



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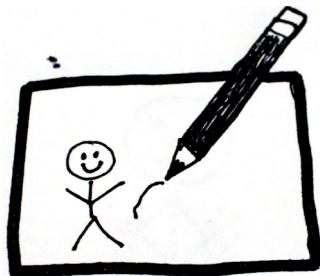
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Butterfly Tapping



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Draw



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Breathe



Hand
on Heart

Hand
on Belly

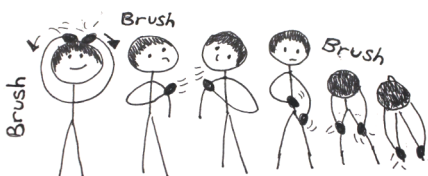
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Breathe Feel Your Belly



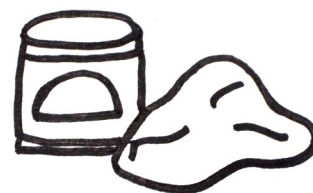
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Brush Off the Stress (or slime or water) Head to Toe



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Play Dough



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Lay Down



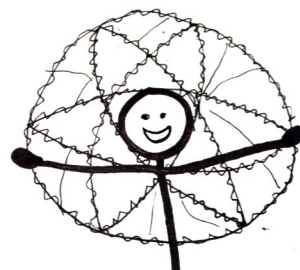
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Knees to Elbows Cross Crawl



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Hoberman Sphere



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Think Tree



Branches
to sky.
Strong
trunk.
Rooted
in the
ground.

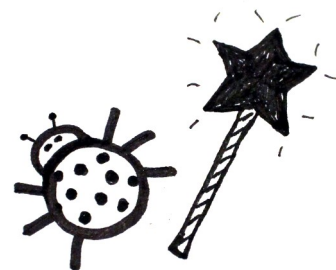
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Do a Helpful Job in Your Classroom



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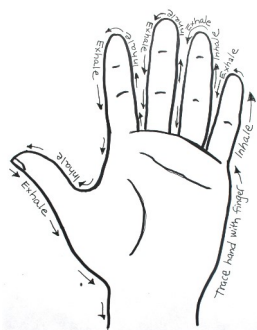
Bugs & Wishes



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Finger Breathing



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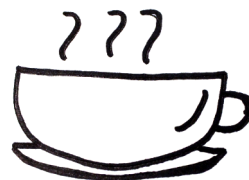
Finger Focus



Press palms flat.
Move each pair of
fingers apart without
moving the others.
Start slow. Then,
increase speed.

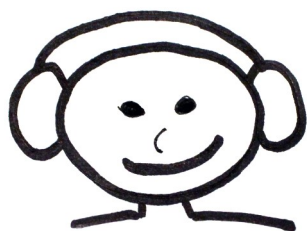
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Hot Cocoa (or Soup) Breathing



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Headphones



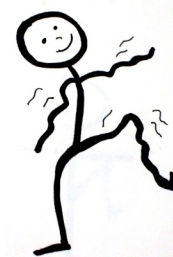
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Use Positive Time Out Area



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Shake Your Body



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Notice...

3 things you see
3 things you hear
3 textures you can touch



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Imagine a Calm Place



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Glitter Bottle



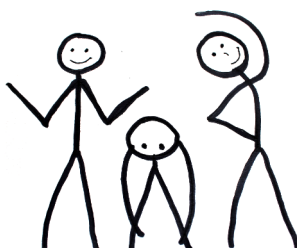
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Stress Ball



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Stretch



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Name Your Feeling



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Imagine Flying a Kite



Picture
it way
up in
the sky.

Slowly
pull it in.

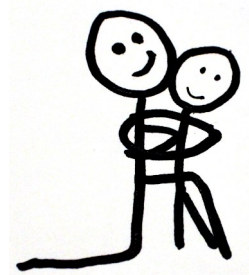
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Change the Scene (Take a Break in a Different Place)



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Ask for a Hug



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Self Hug



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Make a List of Bugs & Wishes



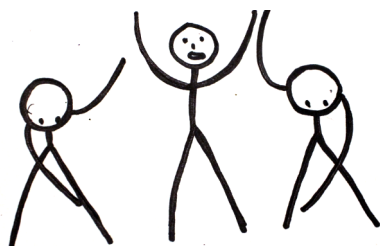
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Write a Thank You Note to someone you appreciate



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Windmills



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Clap Rhythms



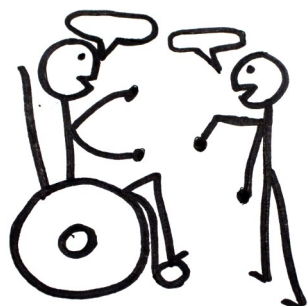
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Wet Dog Shake



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Talk to Someone



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Random Act of Kindness



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Balance on one foot or press feet into floor



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Create Your Own

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