

# Calm Down Choice Board


**Squeeze Something**



**Read**



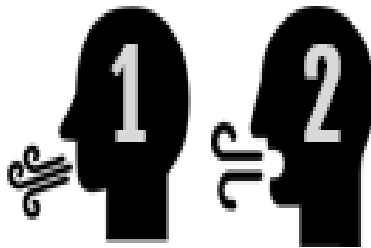
**Walk**



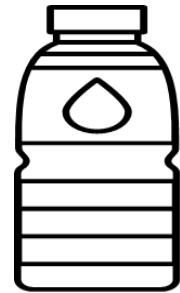
**Draw/Color**



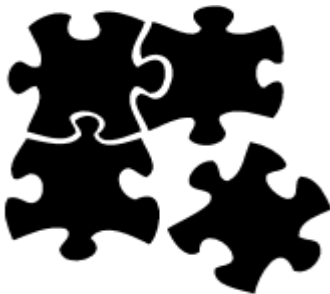
**Deep Breaths**



**Drink Water**



**Puzzle**



**Sit Down**



**Count**



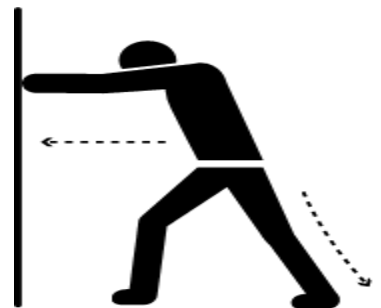
**Talk to Someone**



**Call Family Member**



**Stretch**

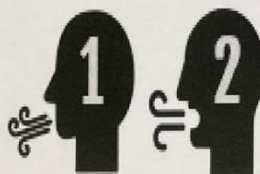


# Calm Down Choice Board

Draw/Color



Deep Breaths



Puzzle



Sit Down



Read



Squeeze Something

