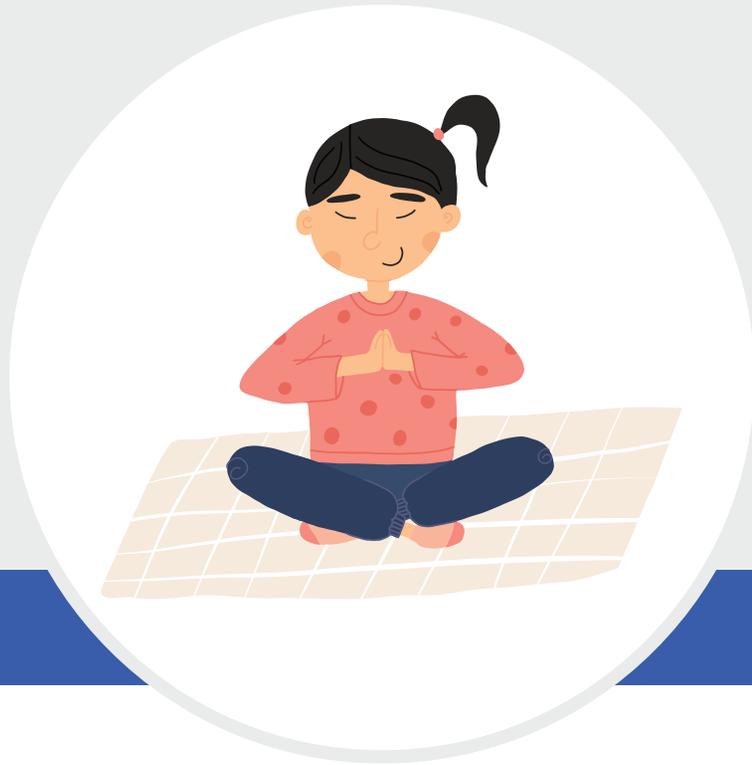




When I feel
ANGRY



I can do...

Body Tense and Release

 **PBIS Rewards**®

1. Start at your toes
2. Tense the specific area of your body for 5 seconds and breathe in
3. Relax that area and breathe out
4. Continue until you have reached your head



I can...

Count Backwards

 **PBIS Rewards**®

1. **Count backwards from 50**
2. **Do deep breathing exercises** (breathe in through the nose and out through the mouth)

I can... **Talk to an Adult**

 **PBIS Rewards**®

1. Choose someone you feel safe with
2. Plan what you want to say
3. Make sure it is a good time to talk
4. Talk about your problem and how to solve it



I can do...

Calming Activities



 **PBIS Rewards**®

1. Read a book
2. Listen to calming music
3. Color a picture
4. Work a puzzle