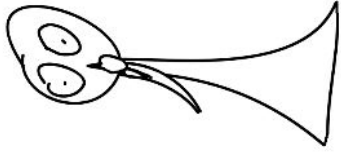
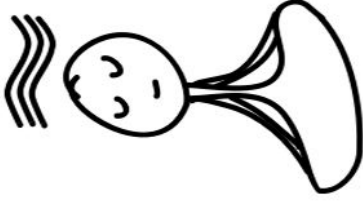


Calming Break

Quiet Voice



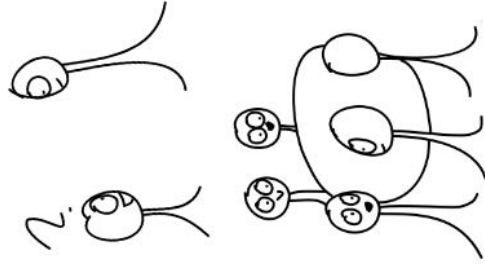
Close Eyes



10 Deep Breaths



Join your class and ask your teacher for directions.



Do you feel calm?

Start the break over and raise your hand for help.

