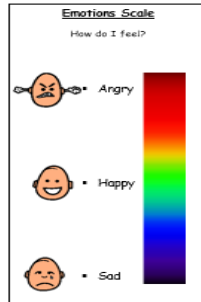


## Using my Calm Box

### Emotions check

I will check my emotion scale to help me see how I am feeling.

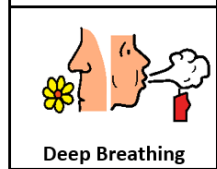


### Calm Box

I can use my calm box to help me get my feelings back to 'ok' or 'happy'



### Deep Breathing



Choose **a calming activity** from my calm box



Draw or Read or Playdough or something else

Calm time is a **short** activity

**An adult will tell me when it is time to do something else.**

I might not get to finish my picture or playing with my toy.

This is ok I will put the activity back in my calm box and can play/finish it another time.

# Emotions Scales

