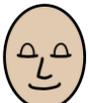
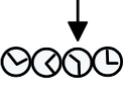
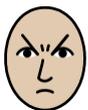
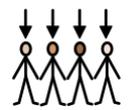
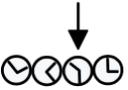
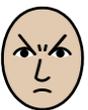
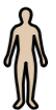


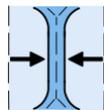
 **My**  **Calm**  **Plan**

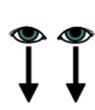
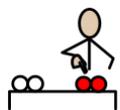
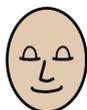
 **Sometimes**  **I**  **feel**  **angry.**

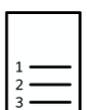
 **Feeling**  **angry** **is**  **okay.**  **Everyone**  **feels**  **angry**  **sometimes.**

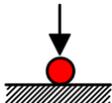
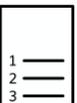
 **When**  **I**  **feel**  **angry,**  **my**  **body**  **gives**  **me**  **clues.**

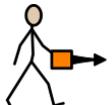
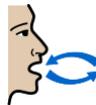
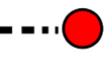
 **My**  **heart**  **might**  **beat**  **fast.**  **My**  **face**  **might**  **feel**  **hot.**  **My**

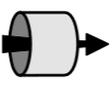
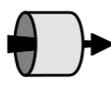
 **hands**  **might**  **feel**  **tight.**

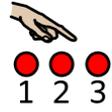
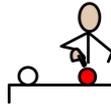
 **When**  **I**  **notice**  **these**  **clues,**  **I can**  **use**  **my**  **calm**  **plan.**

 **My**  **calm**  **plan**  **helps**  **me**  **feel**  **better** **and**  **stay**  **safe.**

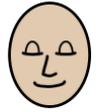
 Here  is  my  calm  plan:

1  Stop  and  take  a  big  breath.  I  breathe  in  slowly

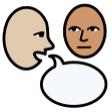
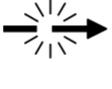
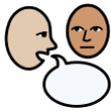
 through  my  nose  and  out  through  my  mouth.

2  Count  to **10**  slowly.  This  gives  my  brain  time to


think.

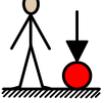
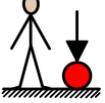
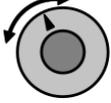
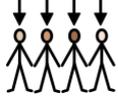
3  Use  my  calm  space  or  calm  tool.  I can  go to  the

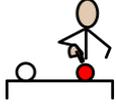
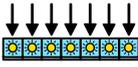
 quiet  area  or  use  my  stress  ball.

4  Tell  an  adult  how  I  feel.  I can  say,  "I  am

 angry.  I  need  help."

 When  I  use  my  calm  plan,  I  feel  proud.

 It  helps  me  stay  in  control  and  keep  everyone  safe.

 I can  do  this.  I  am  learning  every day.