Self Control



1st grade: Social and Emotion

13t grade. Social and Emotion		
Complete the senten calm-down idea!	ce and draw yourse	If using one
When I feel sad I can		
hug my favorite toy	<u>draw a happy</u> <u>picture</u>	hide and not talk
<u>listen to calm</u> <u>music</u>	talk to a friend or grown-up	break things

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