Self Control



1st grade: Social and Emotion

13t grade. Social and Emotion			
	omplete the senten alm-down idea!	ce and draw yourse	elf using one
	When I feel mad	Ican	
	take deep breaths	yell at someone	talk to a teacher or grown-up
	squeeze my hands tight and then relax	walk away for a little bit	throw my toys

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