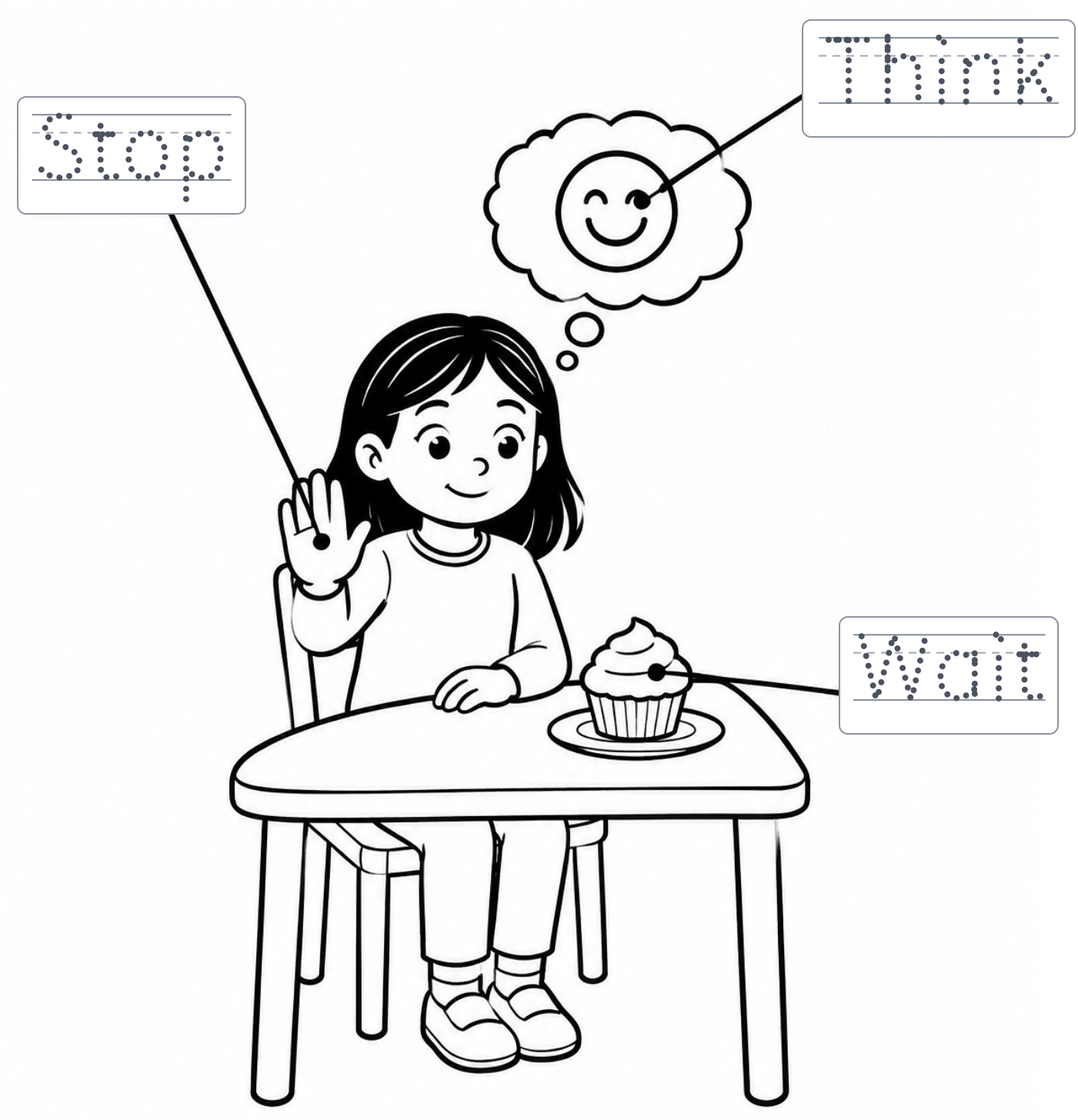
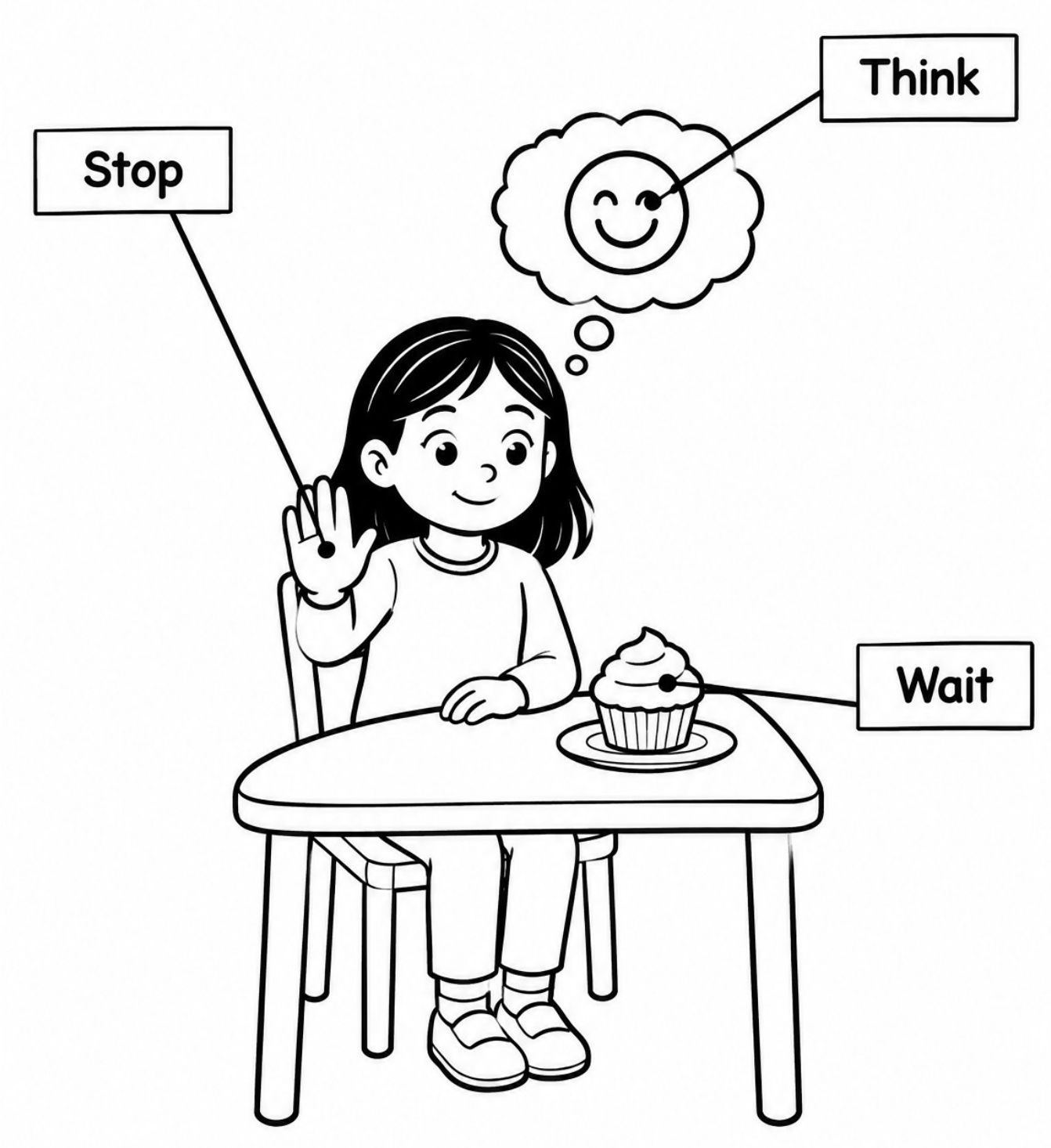
Trace the words. Then color the picture.

Name _____ Date _____

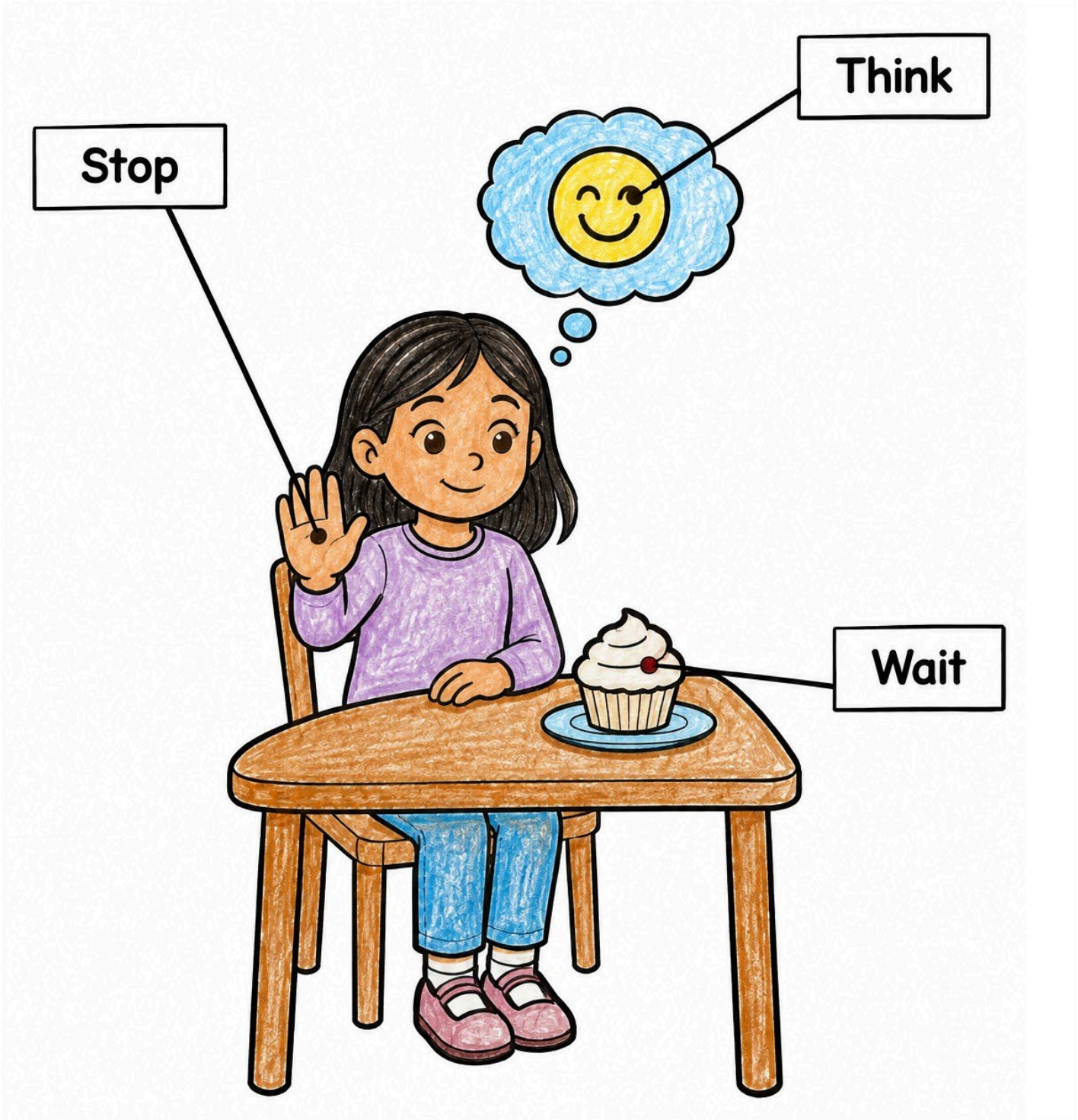
Pause Before You Grab



Pause Before You Grab



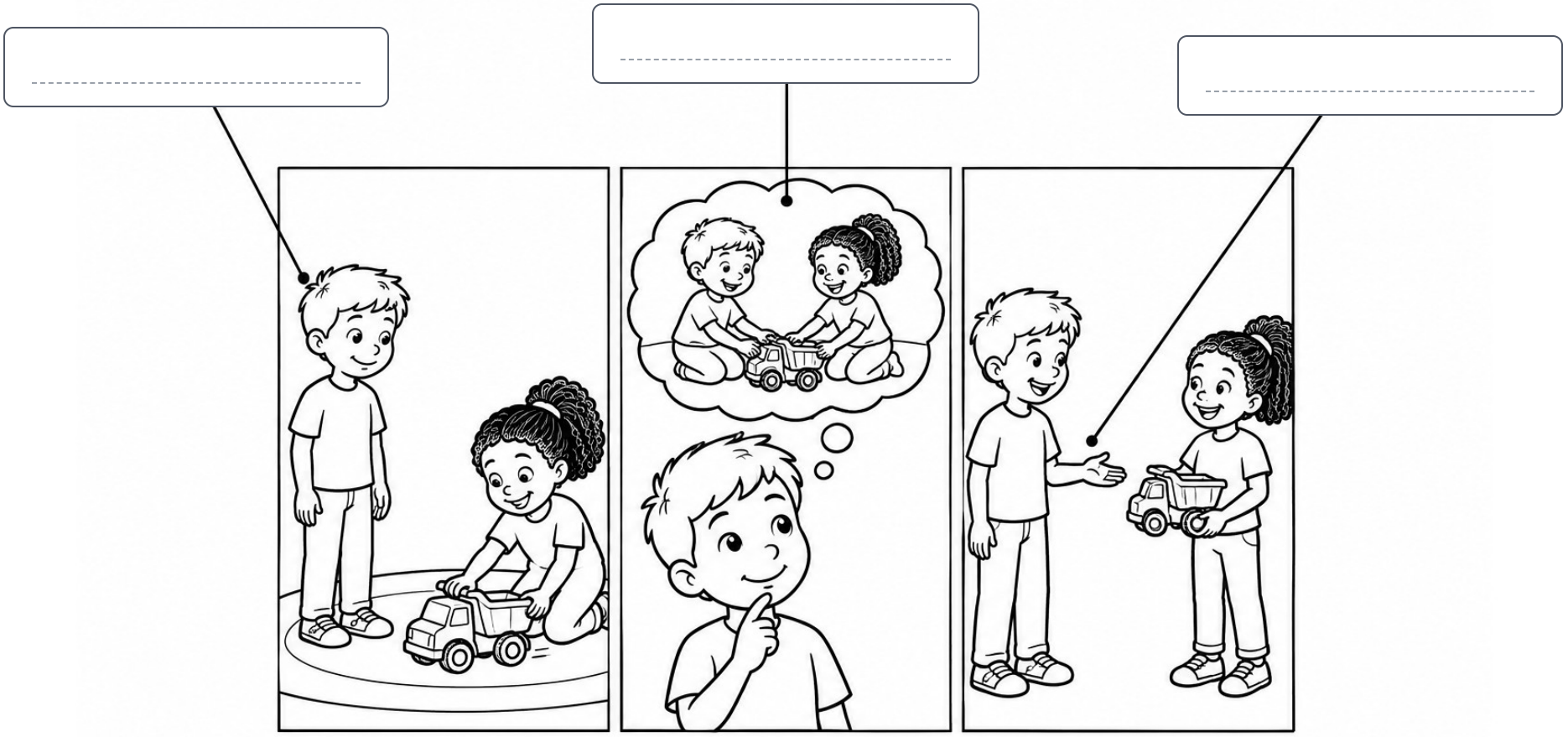
Pause Before You Grab



Write the missing words. Use the word bank.

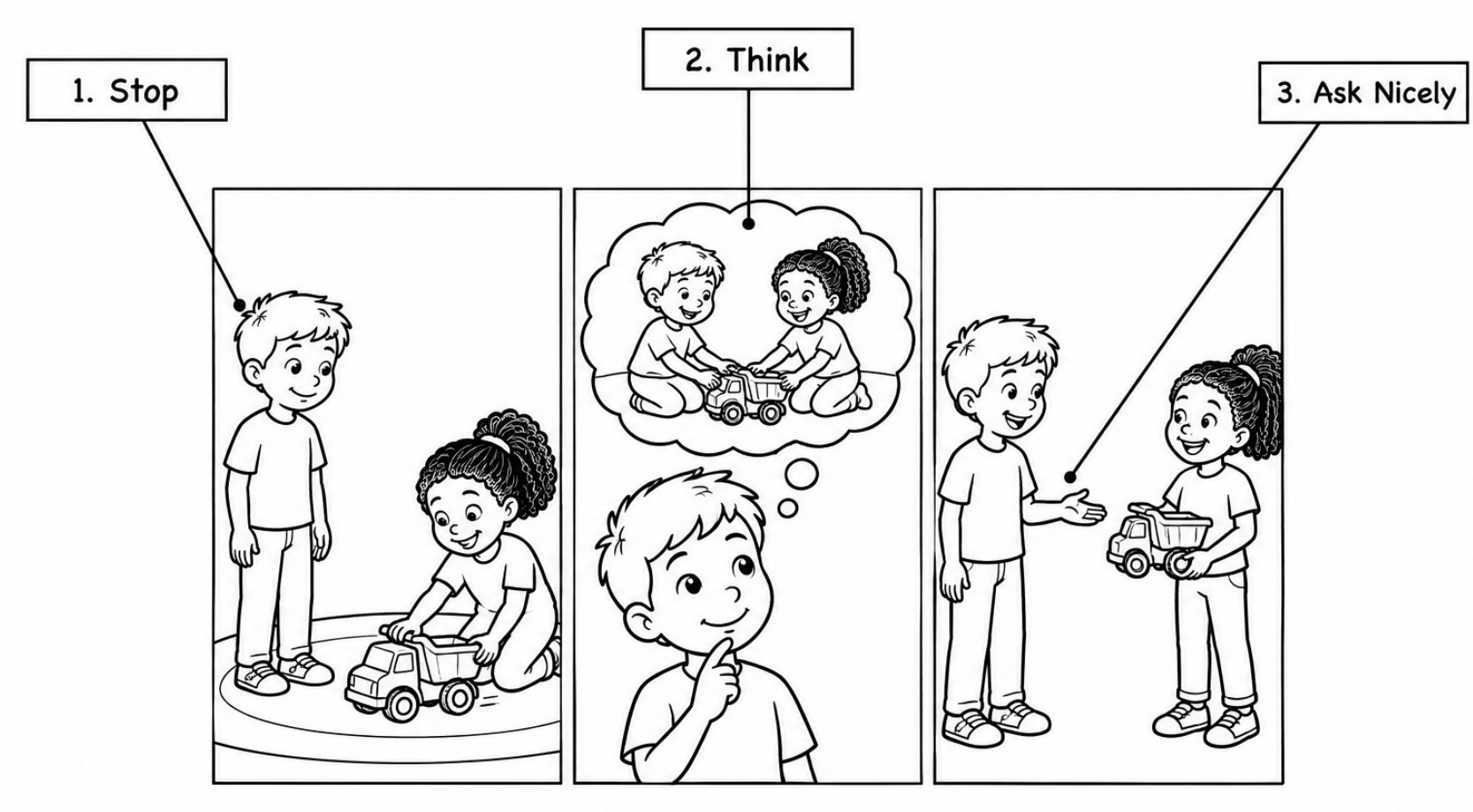
Name _____ Date _____

Stop, Think, and Ask

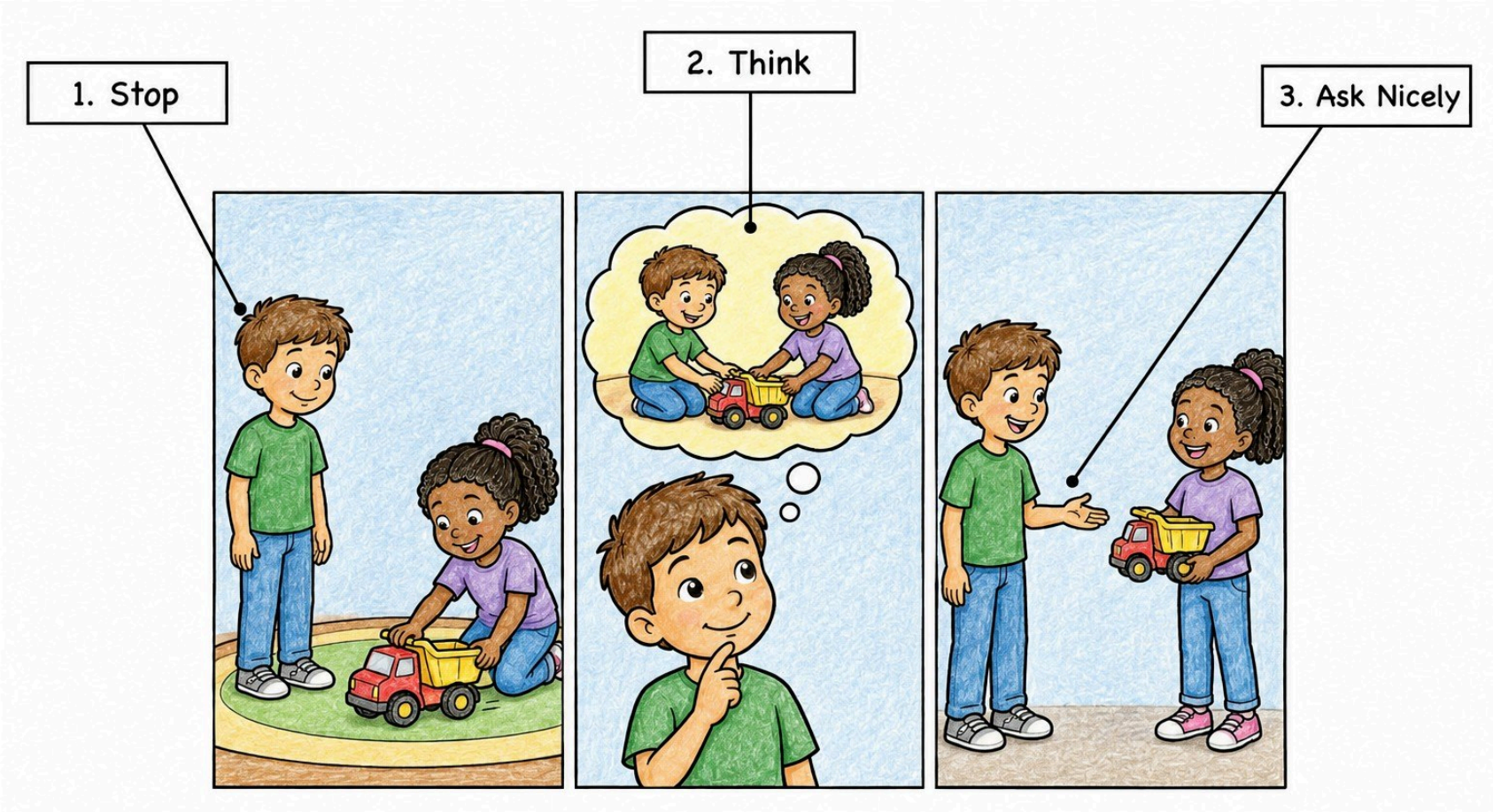


WORD BANK 2. Think • 1. Stop • 3. Ask Nicely

Stop, Think, and Ask



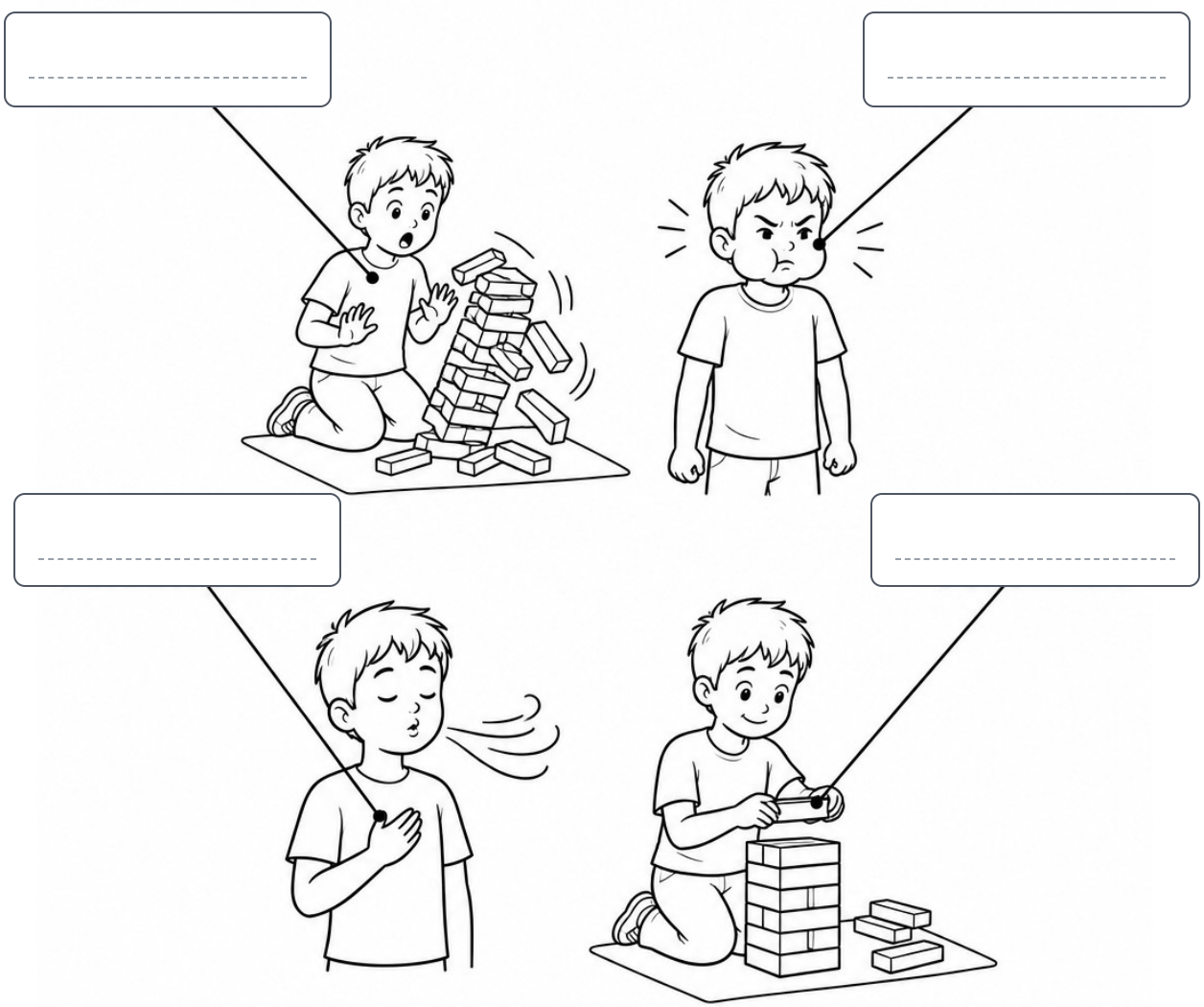
Stop, Think, and Ask



Write the missing words. Use the word bank.

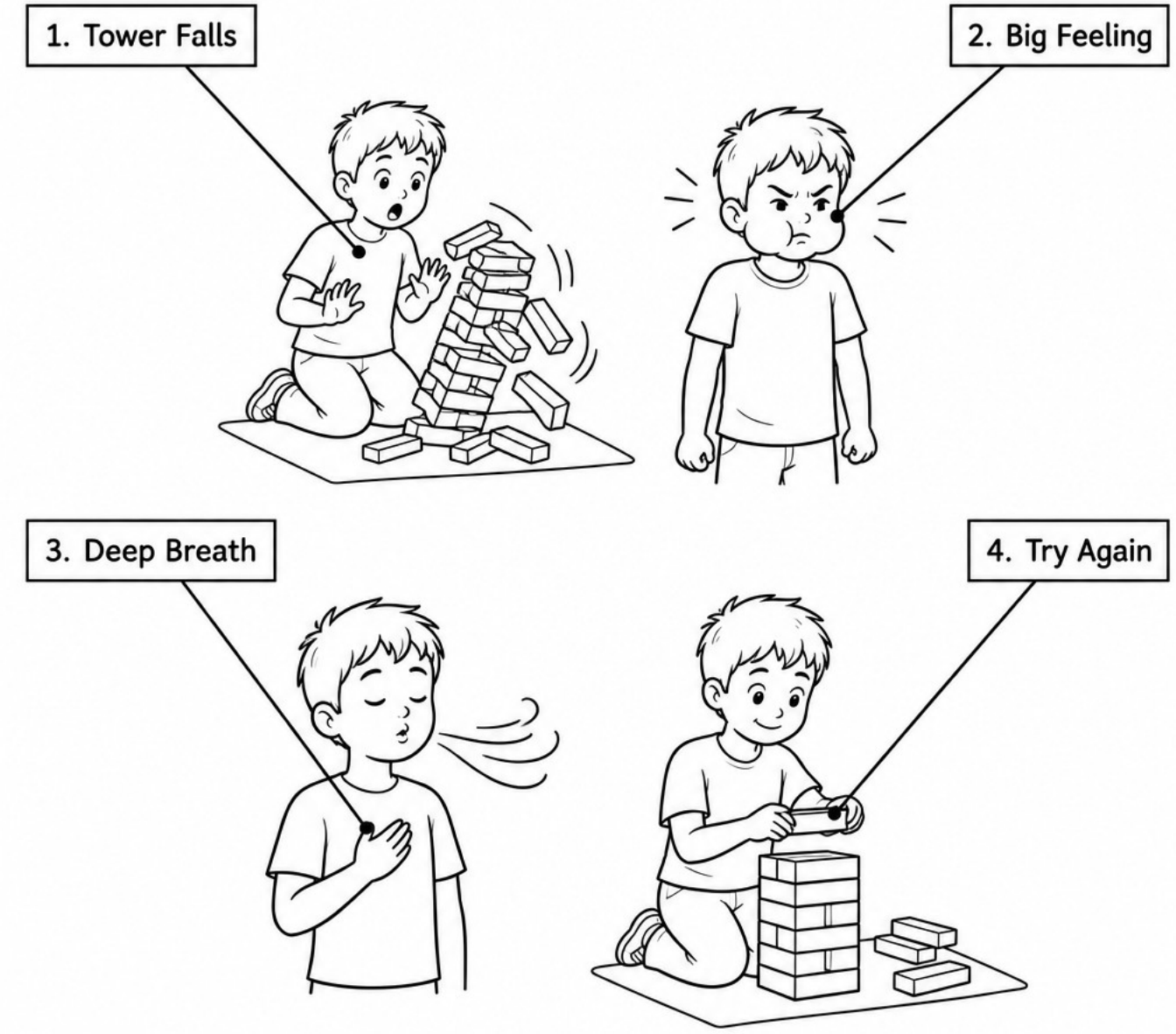
Name _____ Date _____

Handling Frustration Calmly

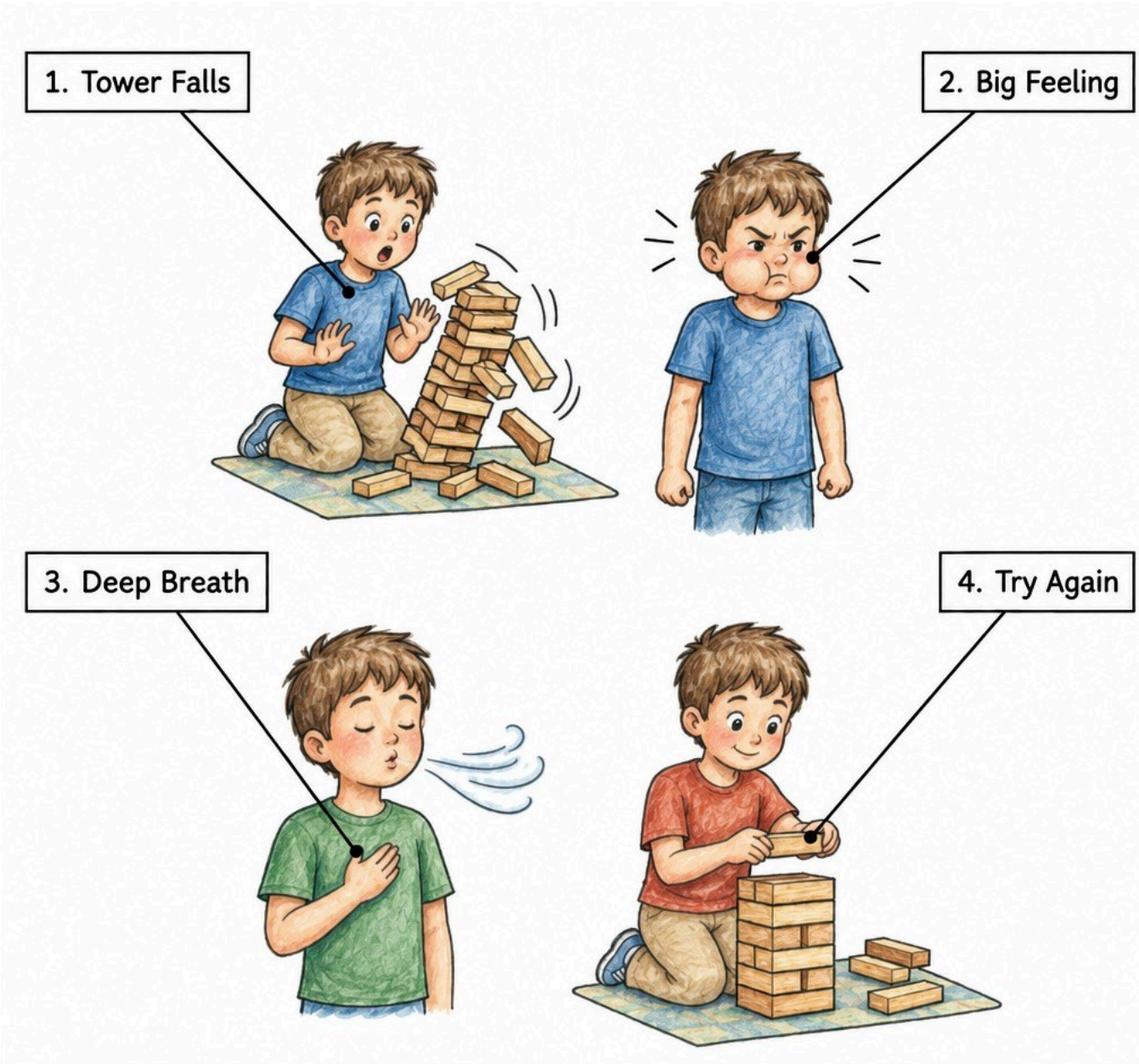


WORD BANK 1. Tower Falls • 4. Try Again • 2. Big Feeling • 3. Deep Breath

Handling Frustration Calmly



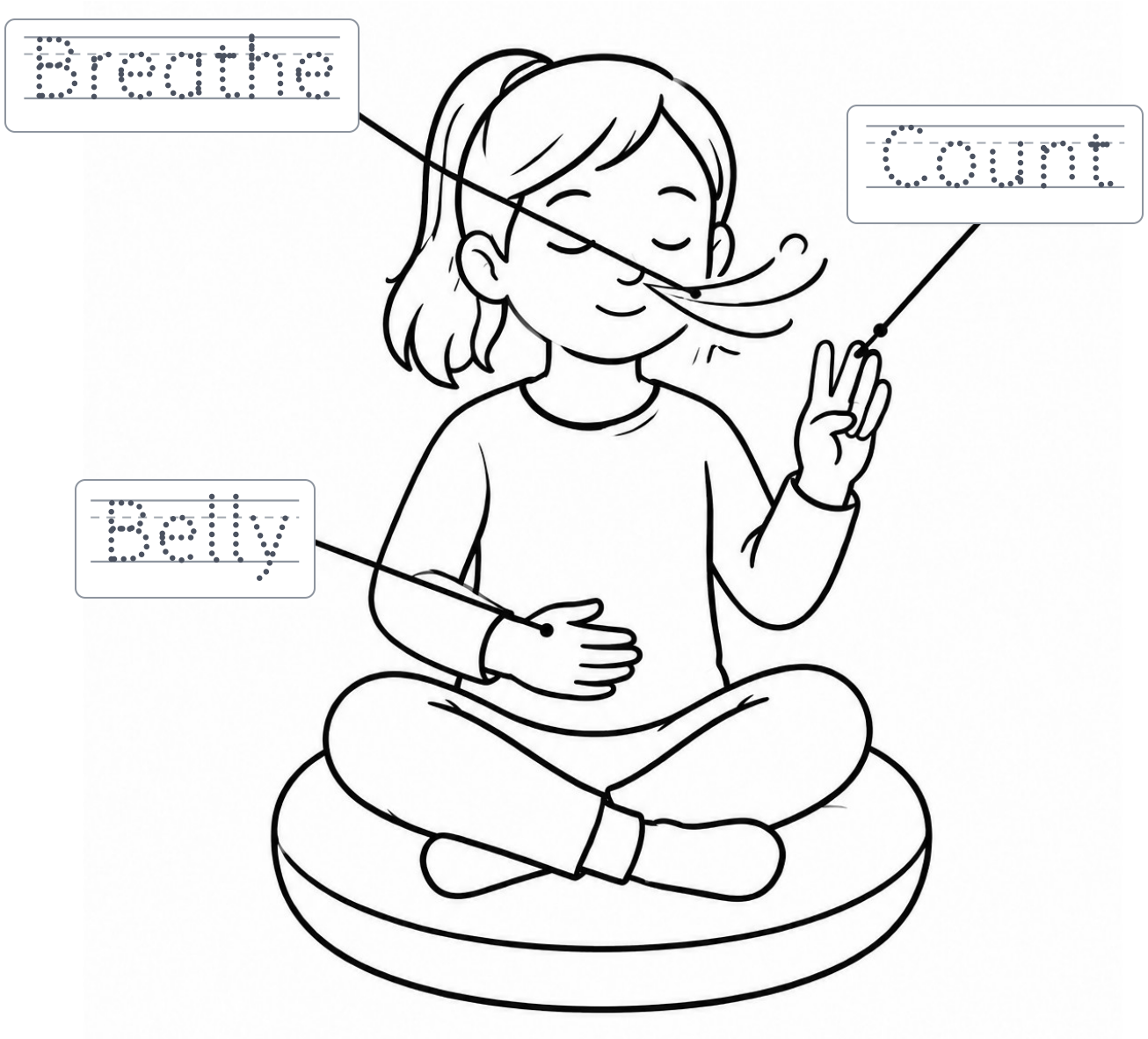
Handling Frustration Calmly



Trace the words. Then color the picture.

Name _____ Date _____

Breathe and Count



Breathe and Count



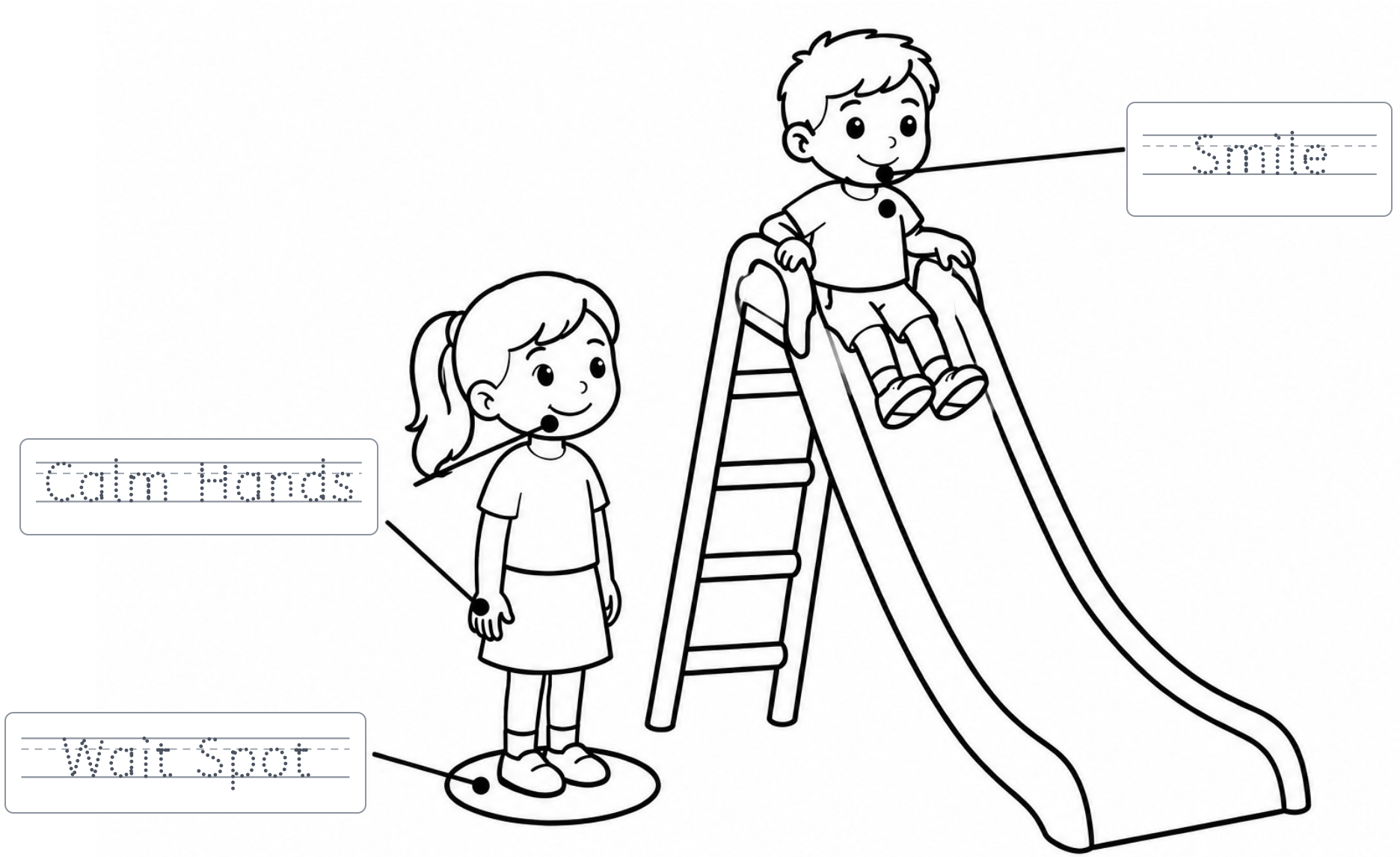
Breathe and Count



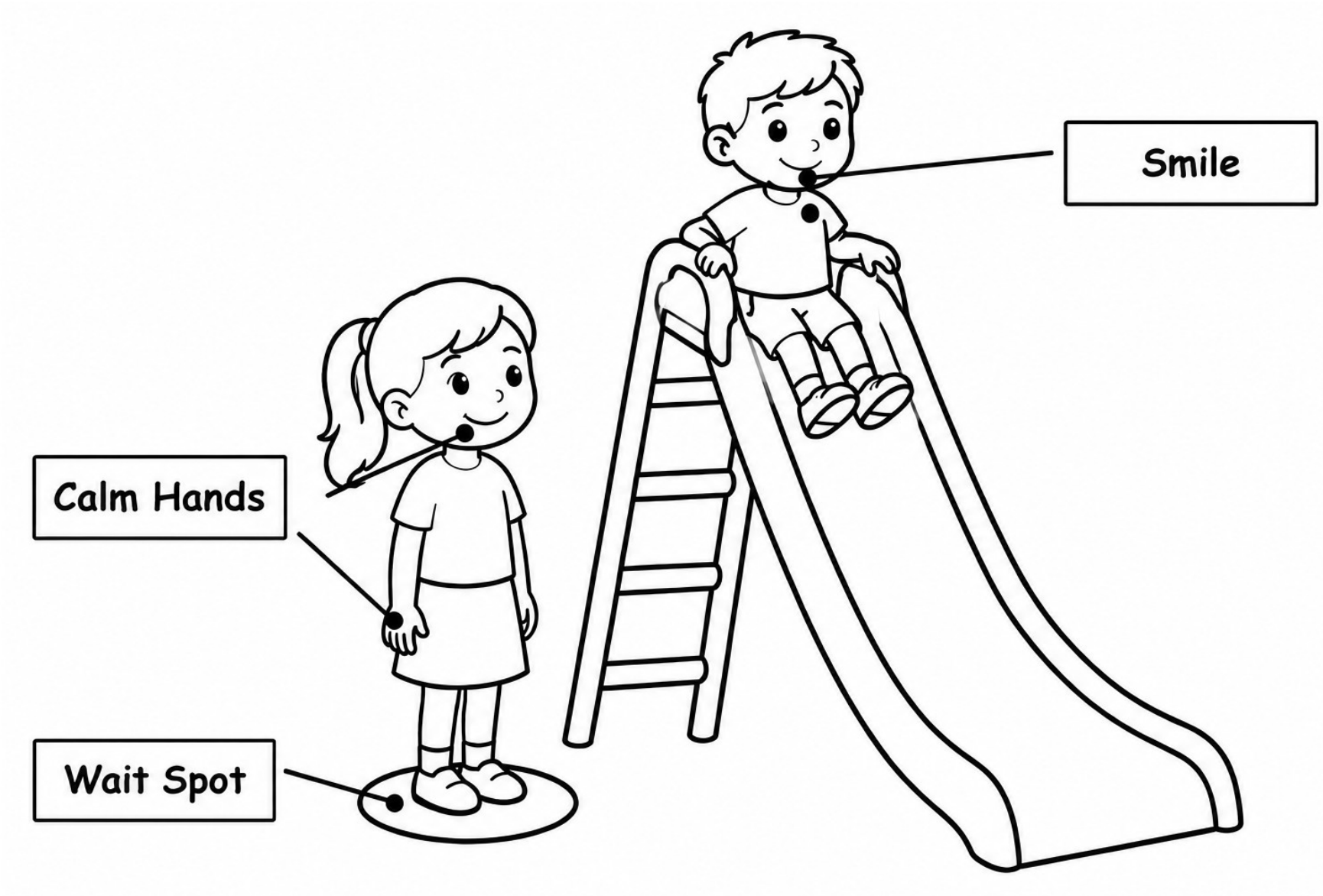
Trace the words. Then color the picture.

Name _____ Date _____

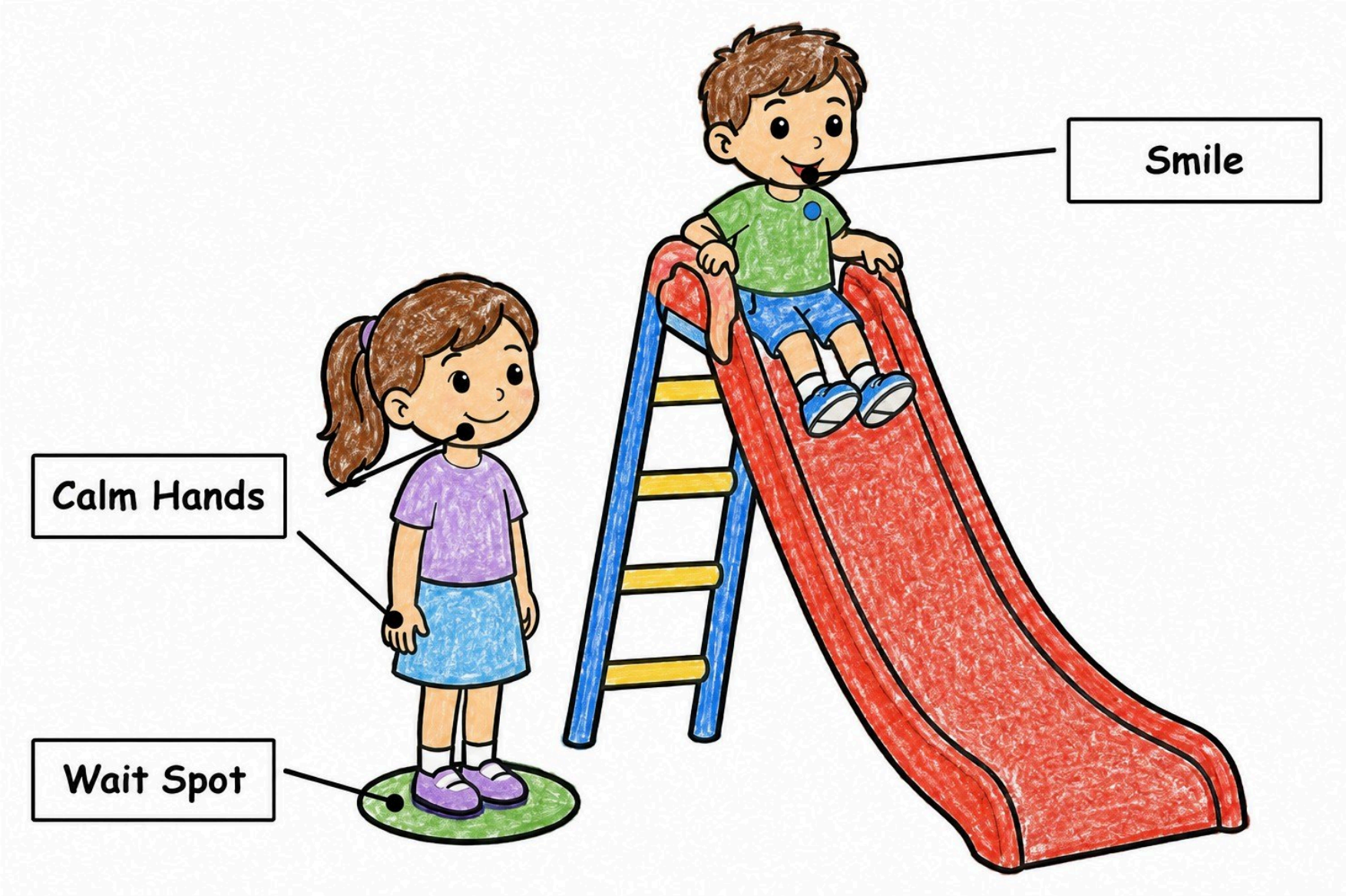
Waiting for My Turn



Waiting for My Turn



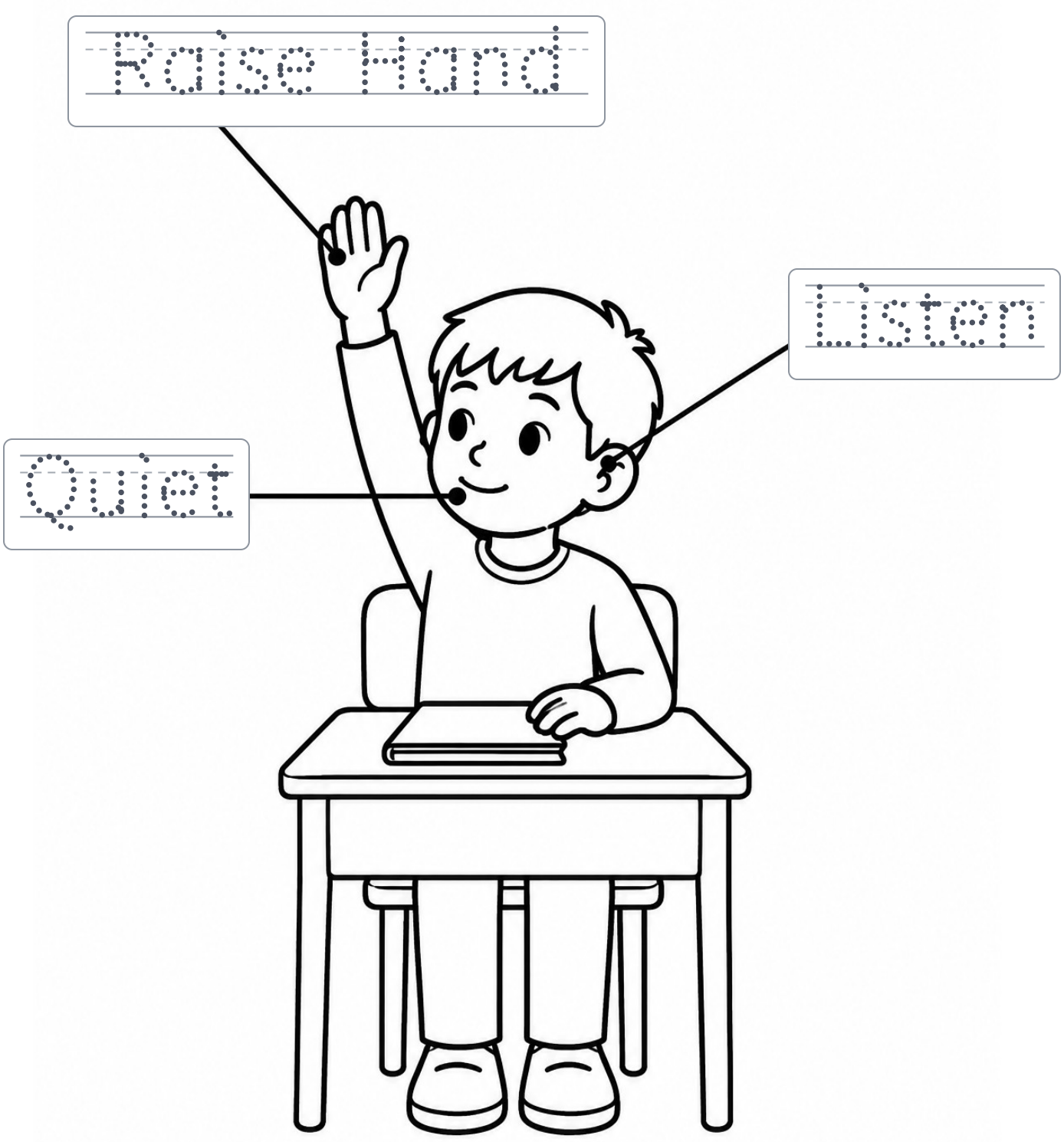
Waiting for My Turn



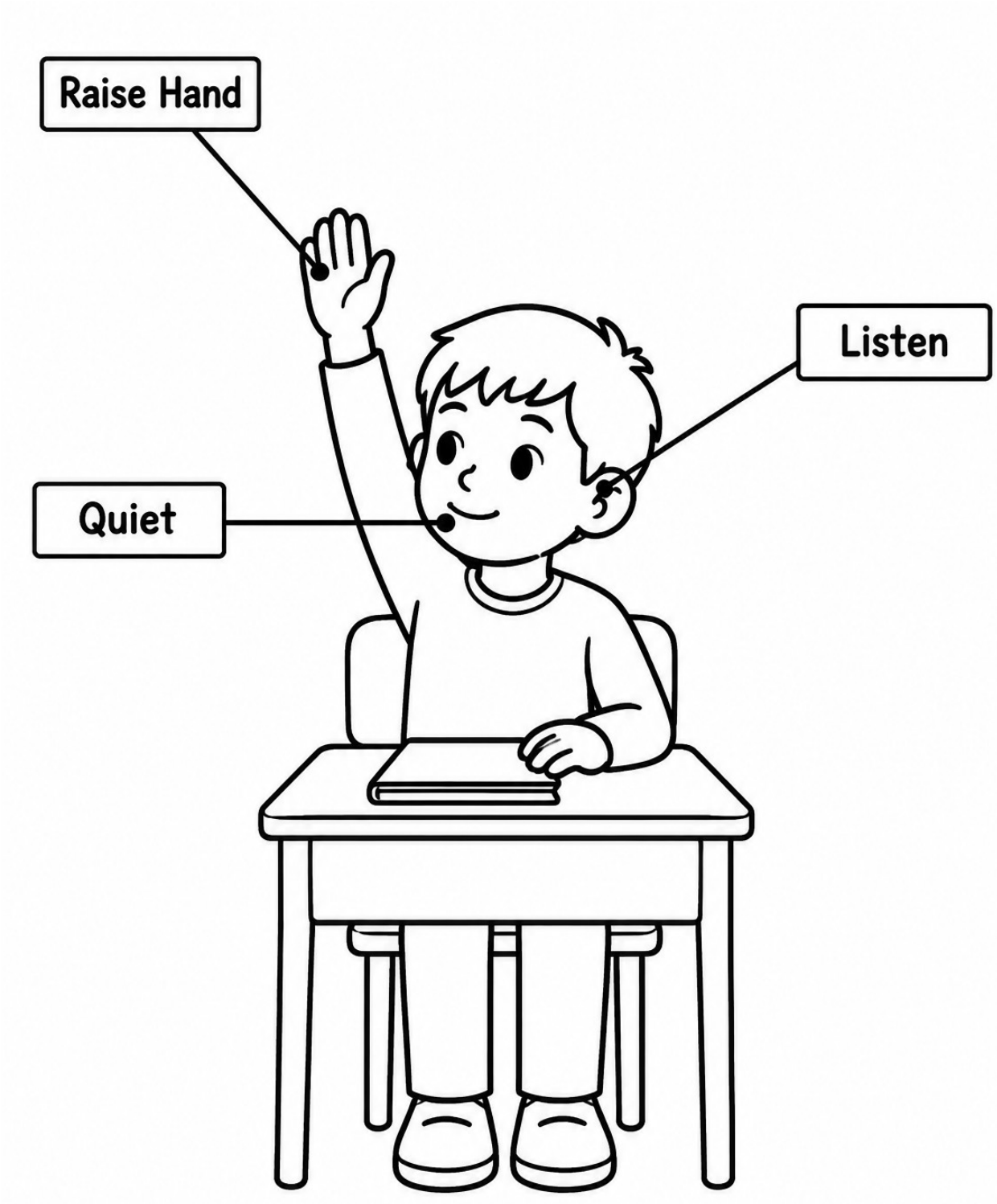
Trace the words. Then color the picture.

Name _____ Date _____

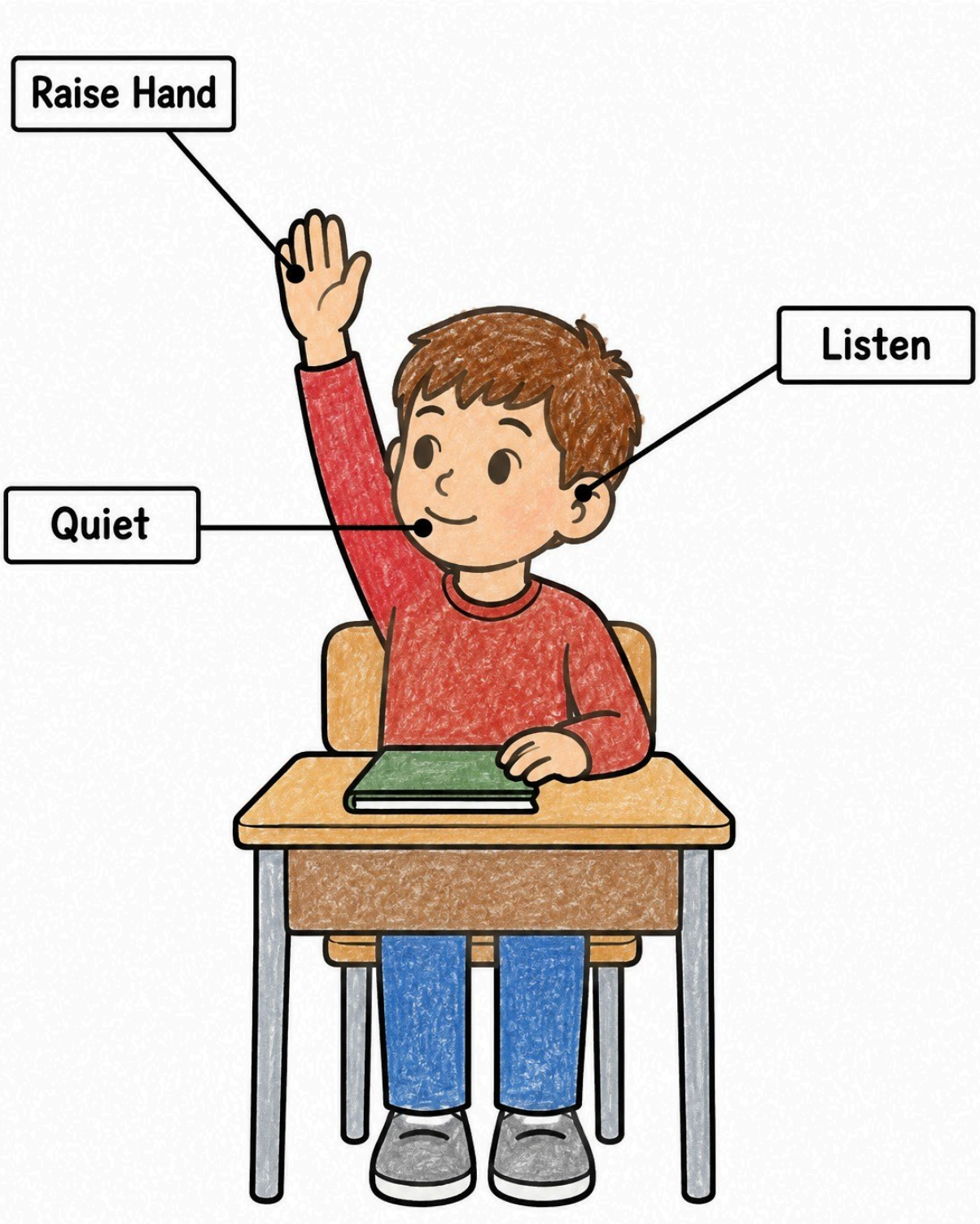
Raise a Quiet Hand



Raise a Quiet Hand



Raise a Quiet Hand



Write the missing words. Use the word bank.

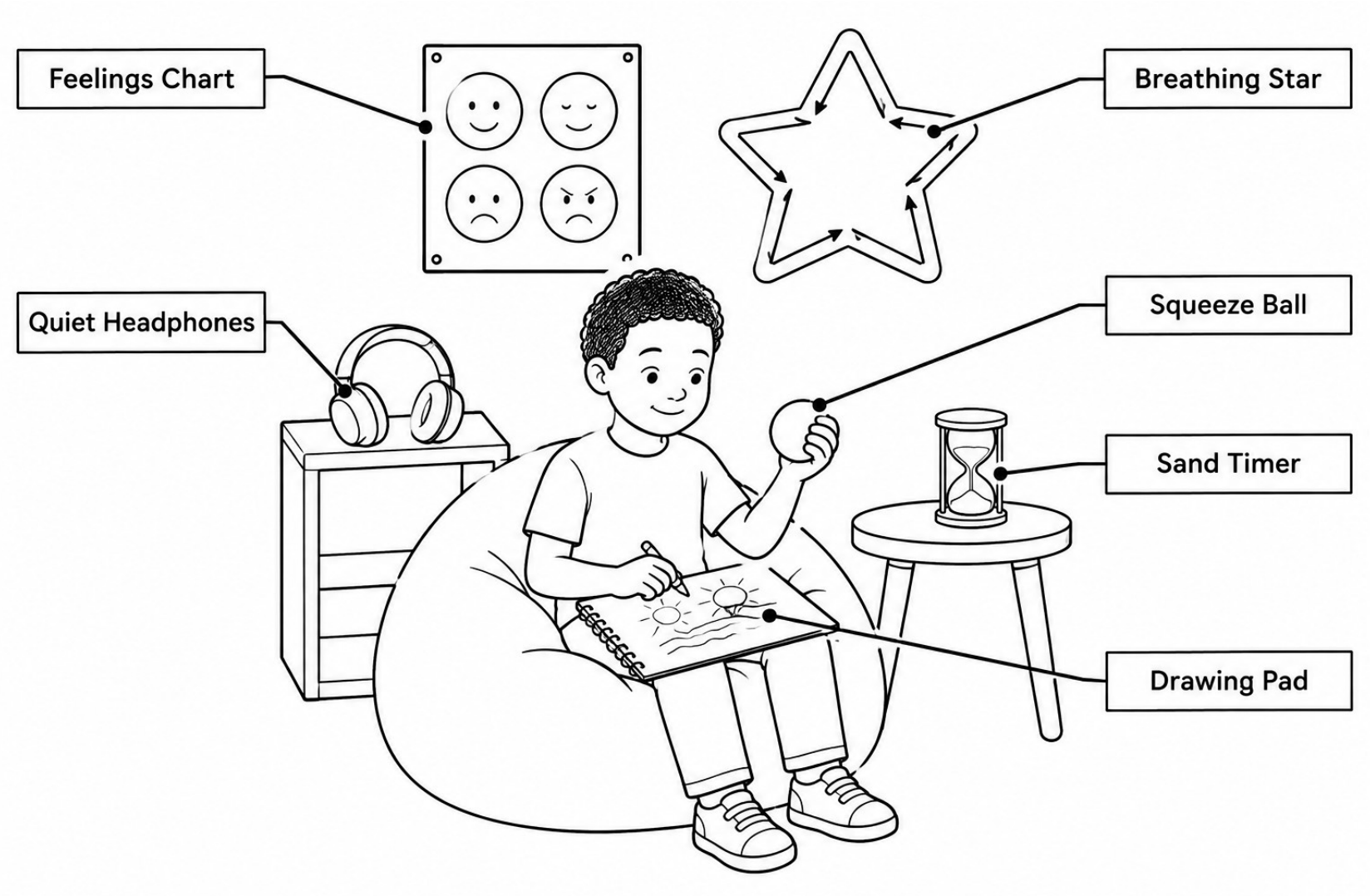
Name _____ Date _____

My Self-Control Toolkit



WORD BANK Squeeze Ball • Drawing Pad • Feelings Chart • Quiet Headphones • Breathing Star • Sand Timer

My Self-Control Toolkit



My Self-Control Toolkit

