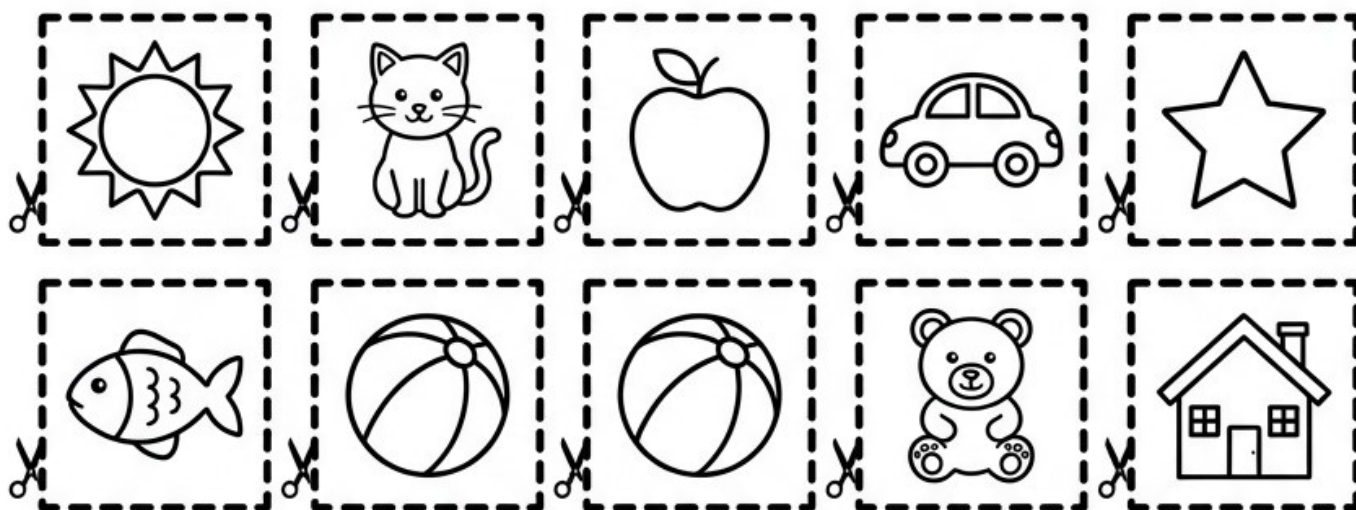
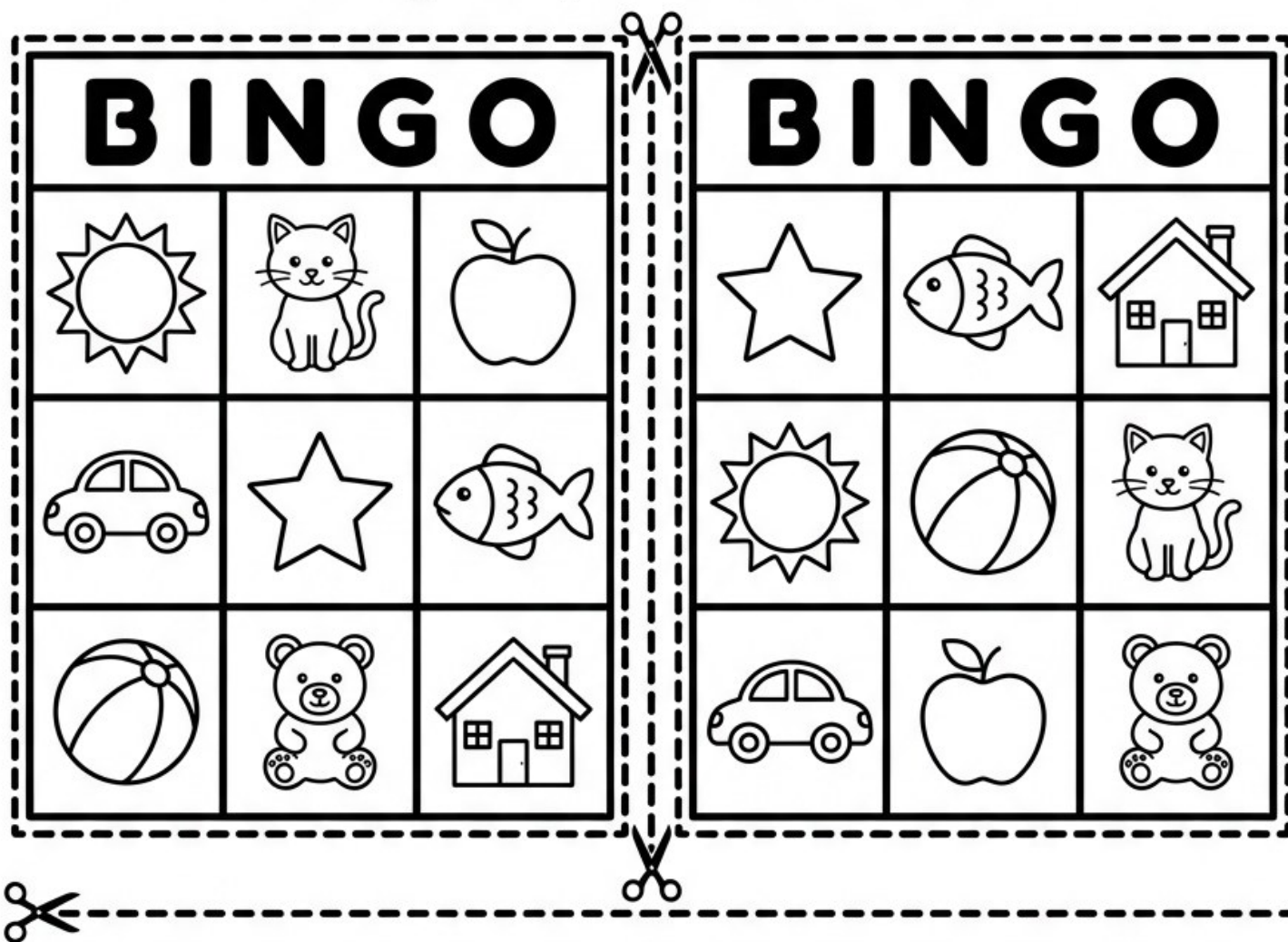


Name: _____

Date: _____

Cut out the cards. Cover a square each time your picture is called.



Name: _____ Date: _____

Cut out the cards. Pick one when you feel big feelings.



TAKE 5
BREATHS



SQUEEZE
A TOY



COUNT
TO 10



ASK FOR
HELP



HAVE A
DRINK OF
WATER



HUG
YOURSELF



TAKE A
QUIET
BREAK



STRETCH
YOUR
ARMS

Name: _____ Date: _____

Cut out the cards and put one at each centre.



Centre Name: _____

1. _____
2. _____
3. _____



How many children: ☐



Centre Name: _____

1. _____
2. _____
3. _____



How many children: ☐



Centre Name: _____

1. _____
2. _____
3. _____



How many children: ☐

ABC

Centre Name: _____

1. _____
2. _____
3. _____



How many children: ☐

1 2 3

Centre Name: _____

1. _____
2. _____
3. _____



How many children: ☐



Centre Name: _____

1. _____
2. _____
3. _____



How many children: ☐