

Attitude Check

Circle your favorite strategy, then color the rest!

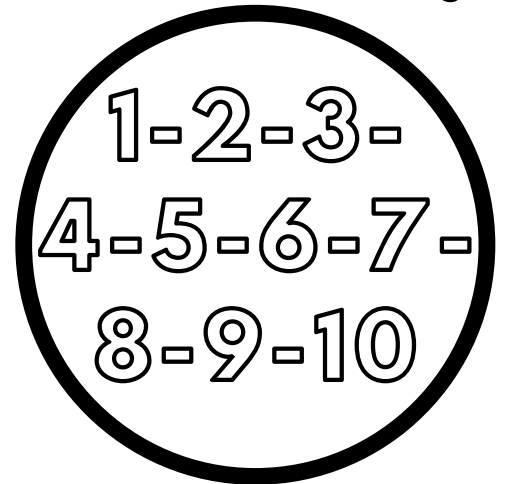
Deep breathing



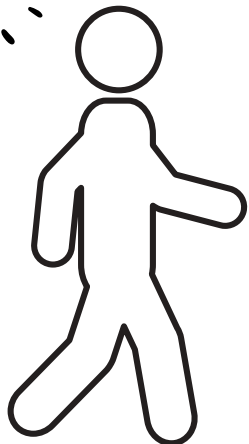
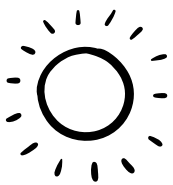
Take a drink of water



Count to 10



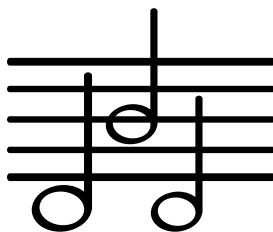
Take a walk



Imagine your favorite place



Sing your favorite song in your head



Stretch your body

