

FIGURE 5.14 Take a Breather Strategy Card for Elementary Students

Take a Breather Strategy

I will use this strategy when

- 1. I feel I am losing control.**
- 2. I am trying to decide what to do.**
- 3. I do not want others to see they have upset me.**

Breathe deeply

Rub my fingers together

Eyes closed and open again

Ask myself how I am doing

Toes move up and down

Hum a song silently

Eyes closed and open again

Repeat until you feel calmer