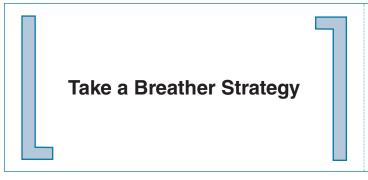
## FIGURE 5.15 Take a Breather Strategy Card for Secondary Students



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