

Calm- Down Steps

1



Take 3
deep breaths.

2



Count to 5
slowly.

3



Say
"calm down."
to yourself.



Al's Pals™
Kids Making Healthy Choices

Calm-Down Steps

1



**Take 3
deep breaths.**

2



1.2.3.4.5.

**Count to 5
slowly.**

3



Calm
down.

**Say
"calm down."
to yourself.**



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