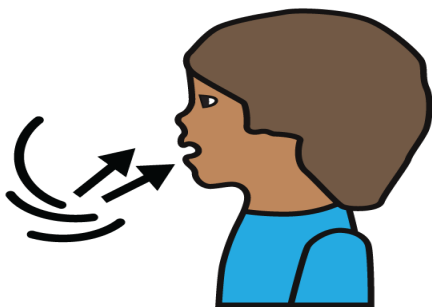


I can count to ten



I can take a  
sensory break



I can take deep  
breaths



I can use my calm  
tokens

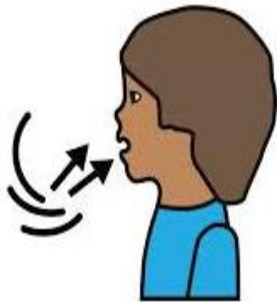
(Can be made into a key ring)

# Break Card

- I am feeling upset
- I need to calm down
- What do I do?



□



**I can take deep  
breaths**

**1 2 3 4 5**

**I can count to five**



**I can take a  
sensory break**

# Calm corner tokens

