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| 1. blue square to indicate carpet square, number 5 to indicate the amount of time to be in calming area and af a timer to be set for the 5 minutes in calming area.Quietly go to the calming area and set the timer for 5 minutes. Sit down on the carpet square. |
| 1. number 10 to indicate student counts from 1-10 and a turtle to represent slow.Count to 10 slowly. Then count backward from 10 slowly. |
| 1. Number 10  to indicate number of slow deep breaths, turtle to represent slow and  student breathing in.Take 10 slow deep breaths. |
| 1. A drawing and a hand writing in notebook.Write and draw about your feelings or ideas. |
| 1. A person reading, a person with headphones on and a cassette tape and player to represent a book on tape.Read or listen to a book on tape. |
| 1. person with headphones and musical notes representing someone listening to music.Listen to music. |
| 1. playing cards.Use a deck of cards until I feel calm. |
| 1. image of time, students working at table and a teacherWhen the time is up, ask myself “Am I calm enough to return to my group and follow the teacher’s direction?” |
| 1. If my answer is “No”, continue writing, drawing, reading, listening or using a deck of cards for five more minutes.image of person reading, writing in notebook, drawing, person listening with headphones, cassette tape and recorder, musical notes, playing cards, number 5 and a timer. |
| 1. group of students at table, image of a teacher If my answer is “Yes”, I will quietly return to my classroom and follow my teacher’s directions. |
| 1. image of a student's back with a hand in motion back and forth to pat back. Put myself on the back for using my Calming Area and Strategies and not being control!!! |