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| 1. A boy relaxing in beanbag chair, the number five to indicate amount of time to sit in beanbag chair and a time to use so student knows when time in beanbag chair is over.Quietly go to the calming area and set the timer for 5 minutes. Sit down on the bean bag. |
| 1. The number ten indicates that the student will count from one to ten.  The turtle represents the movement of slow.  The student will count from one to ten slowly; then ten to one slowly.Count to 10 slowly. Then count backward from 10 slowly. |
| 1. The number 10, turtle to represent slow and student breathing.Take 10 slow deep breaths. |
| 1. Colored pencils and paper.Get paper and colored pencils from the shelf. |
| 1. A drawing, colored pencils and student writing on paper.Write and draw about your feelings or ideas. |
| 1. A student reading, image of student listening to headphones, image of book on tape.Read or listen to a book on tape. |
| 1. playing cards.Use a deck of cards until I feel calm. |
| 1. A timer, group of students at table and a teacher.When the time is up, ask myself “Am I calm enough to return to my group and follow the teacher’s directions?” |
| 1. If my answer is “No”, continue writing, drawing, reading, listening or using the deck of cards for five more minutes.A person reading, someone writing, a drawing, student listening to headphones, a book on tape, a deck of cards, the number 5 to indicate length of time student has to calm down and a time to indicate to student when five minutes is over. |
| 1. A group of students at table and a teacher.If my answer is “Yes,” I will quietly return to my classroom and follow my teacher’s directions. |
| 1. A student's back and a hand with motion of going back and forth gently patting his/her own back.Pat myself on the back for using my Calming Area and Strategies and not losing control! |