Calm Body Choices

Below Pre-K-Kindergarten | Self-regulation | AAC-friendly

Learner: _____ Date: _____

Choose one option by pointing, circling, signing, speaking, or using AAC. Skip any choice that does not feel good.

QUIET SPACE	**DRINK**
SQUEEZE PILLOW	**SLOW BREATH**
MOVE BODY	**ASK FOR HELP**

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