



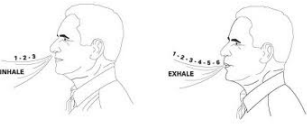










Level	I can try....			
5				
	*Put head down	*Write your feelings	*Take a walk	*Rip paper
4				
	*Deep breathing	*Put head on desk for 2 minutes	*Make a drawing	*Read quietly
3				
	*Chair push ups	*squeeze ball	*Sit at thinking chair	*10 deep breaths
2				
	*count to 10			
1				