

VISUAL SCHEDULE

♥ CALM DOWN STEPS

1

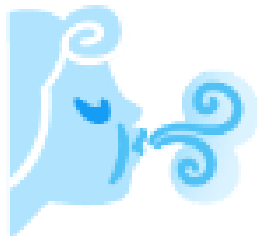


Stop



done

2



Take 3 Breaths



done

3



Count to 10



done

4



Use My Words



done

5



Try Again



done