Name: _____

Draw and Write

After you sing the song "Calm Down: Breathe In, Breathe Out"

Draw what helps you calm down when you are mad or sad.

Draw your picture here.



Example

I can take three slow breaths.

Now you write. Trace the words, then finish the sentence.

I can

Check your sentence: ☐ capital letter ☐ finger spaces ☐ period at the end

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