

Stop

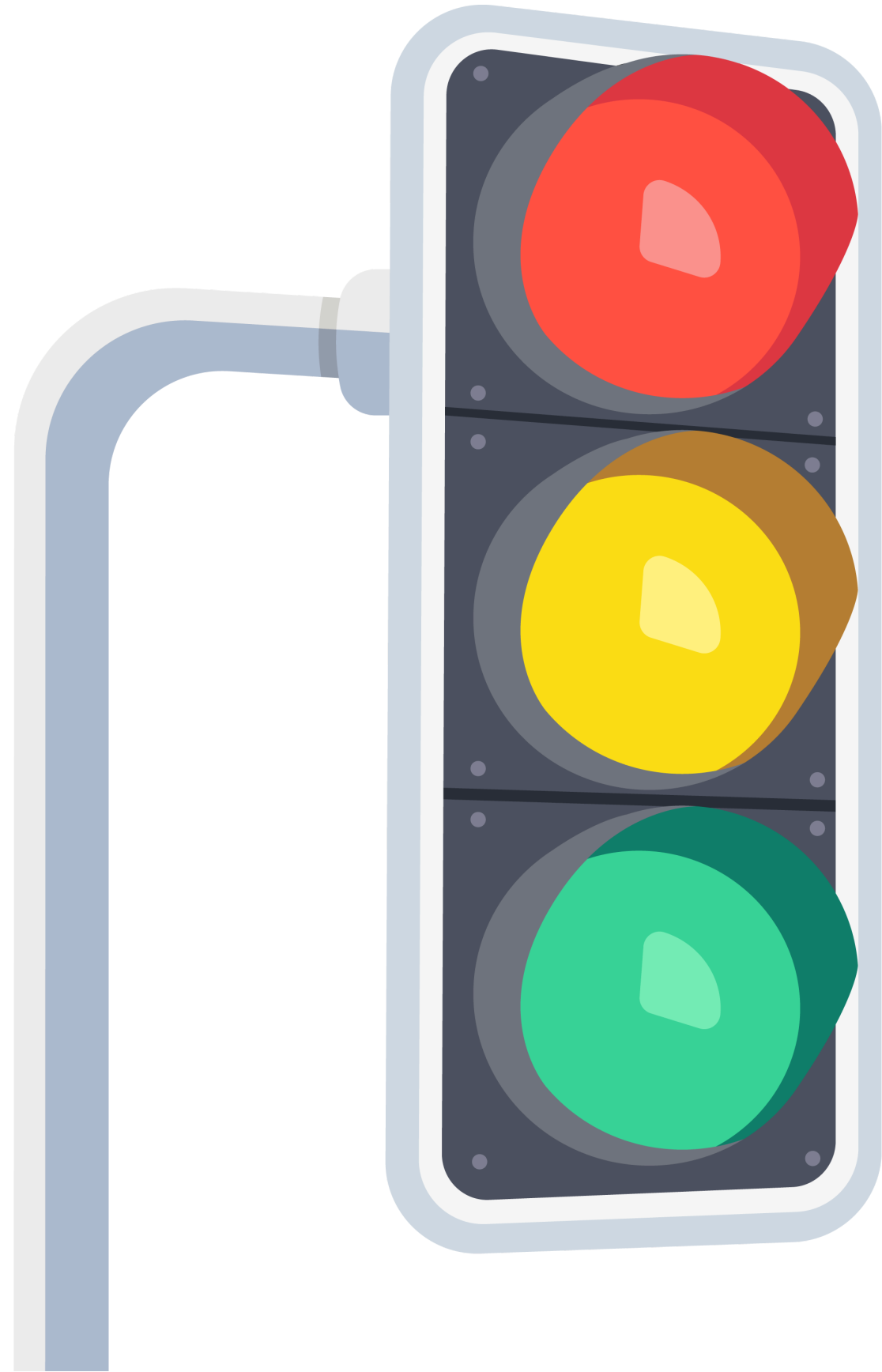
Ask the child to take 10 deep breaths.

Think

Problem solve with the child. What can we do? What might happen then?

Do

Help the child choose what is best for them. **Then reflect with them!** What will you do differently next time? Why did you feel that way?



Stop

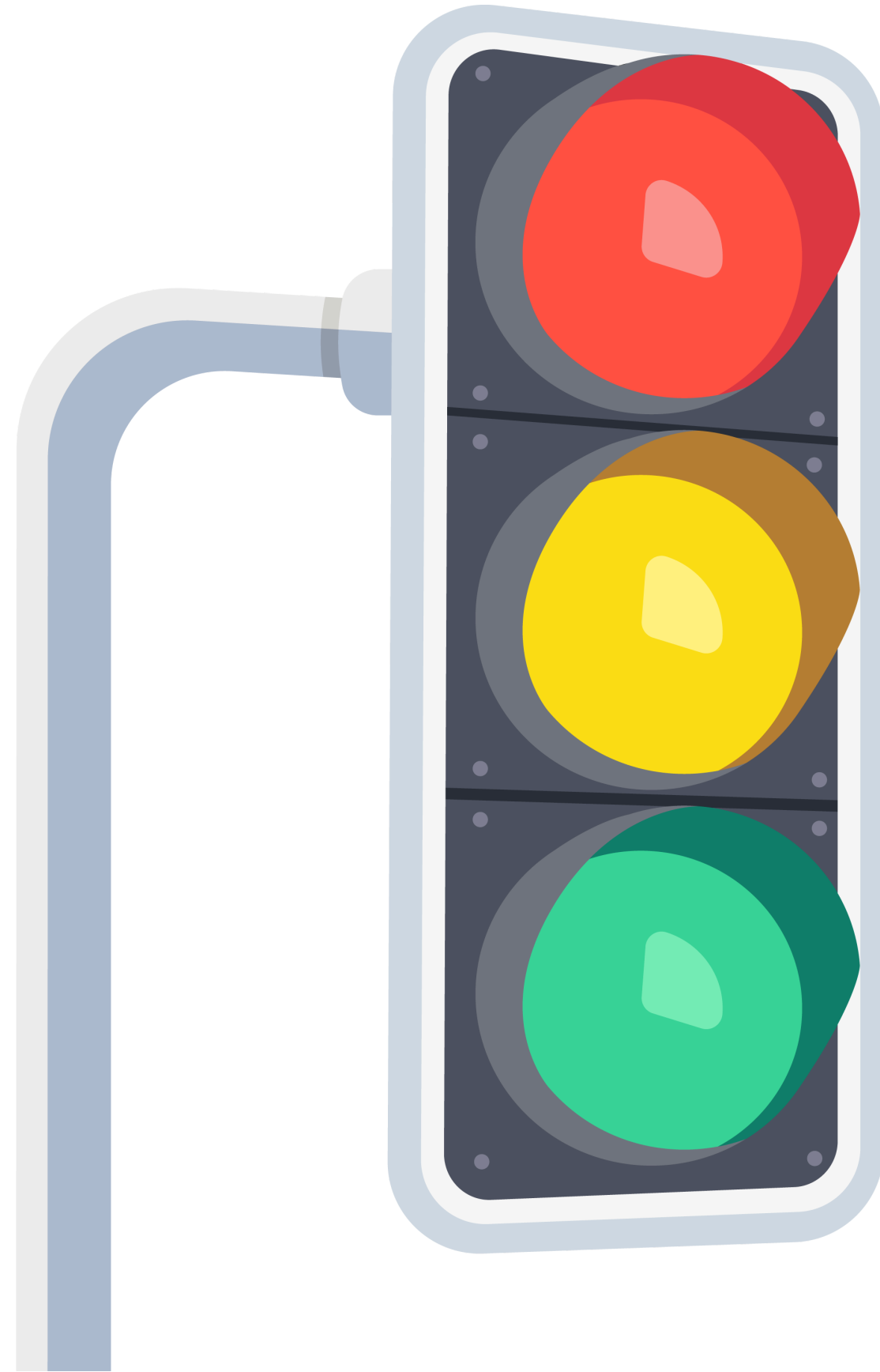
Take a deep breath

Think

What is the problem?

Do

Choose the best option



Stop

Think

Do