



Be the
reason
someone

SMILES

today

WELCOME TO 6TH GRADE

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10 WAYS to Calm Down



1. Breathe in and out slowly 10 times.
2. Squeeze a stress ball.
3. Take a break and get a drink of water.



4. Talk to a grown-up.
5. Hug someone.



6. Draw a picture about it.
7. Write about your feelings.
8. Do some stretches.

9. Think of something happy.

10. Read a magazine or book.

