

# I CAN Make a Choice

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Fill in the blank squares with strategies that will help you when you are feeling nervous, scared, upset, or frustrated. The upper squares contain some ideas you could use. Leave this card where you can see it to help you remember strategies to remain calm.

Give my teacher a break card.

Sit and count to 10.

Think about a safe place.

Breathe in and out slowly.

**What choice will make me feel better?**

Ask for help.