

Calm down steps:

#1: Check in. hand on tummy.

#2: Say "Calm Down."

#3: Take deep breathes.

#4: Count out-loud.
1.,2...3...4...



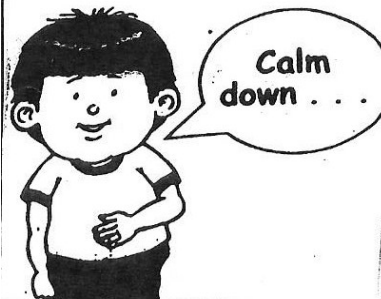
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Questions to Ask About Solutions:

1. Is it Safe?
2. How might people feel about it?
3. Is it Fair?
4. Will it Work?

If no,
choose another
solution and
repeat questions



1458 Fowler Street
Richland, WA 99352
(509) 374-5391
1-888-846-7273
24-Hour Crisis Line

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