If you’re feeling stressed or angry,

get back ON-TRACK with a

1-3-10.

 1

 Say “Calm Down”

 3

 Deep Breaths

 10

 Count

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 Here’s a great *cool-down* strategy we use at school:

1-3-10



 10

Count Backwards

Families:

This is a great one to

model, prompt, and reinforce

at home, too!

Worried?

Nervous?

Angry?

Scared?

Super excited?

**Try a 1-3-10.**

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Try

It won’t magically erase a tough situation, but the

1-3-10 can get us more ready to take charge of our emotions!

 1

 Say “Calm Down”

 3

 Deep Breaths