

## How I Can Stay Calm During Transitions

Everyone has transitions at school. Some transitions may be easier for me than others. I can try to stay calm during transitions.

If I like holding something in my hand, I can squeeze it to help me stay calm. I can take a deep breath and count silently to ten to help me stay calm. I can think to myself, "I am trying to stay calm."

This is my favorite way to stay calm:

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I will try to stay calm during school transitions.