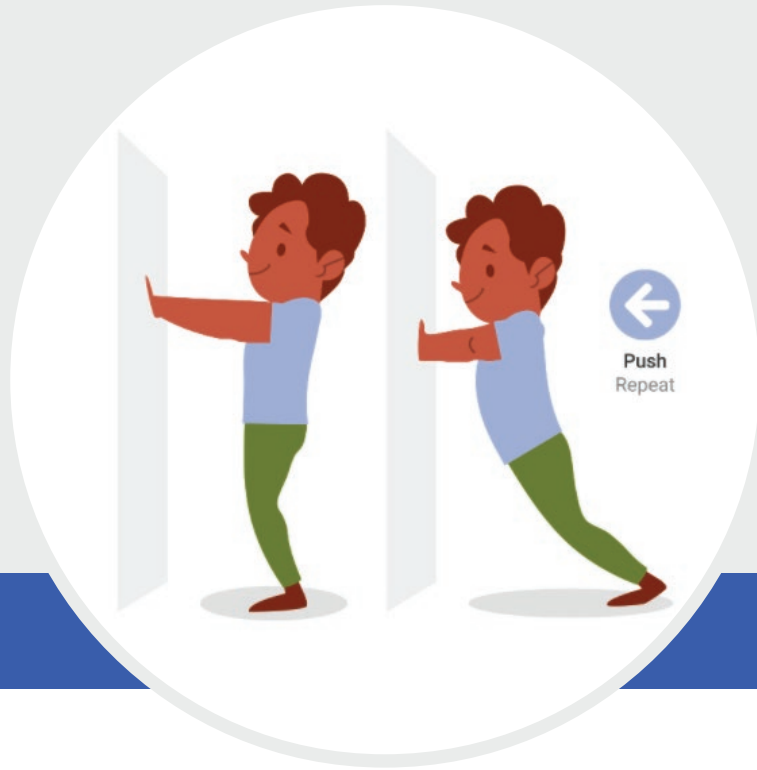




When I feel
STRESSED

I can do...

Wall Push-Ups



 **PBIS Rewards**®

1. Stand facing the wall
2. Put hands flat on the wall and feet on the floor
3. Bend your elbows
4. Push against the wall for 10 seconds and repeat exercise 10 times

I can... **Talk to an Adult**

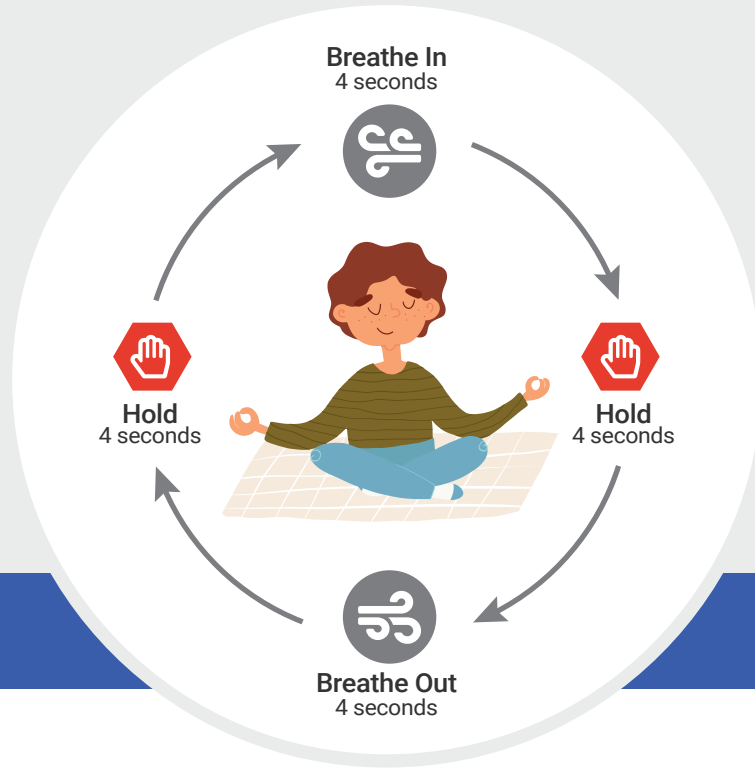
 **PBIS Rewards**®

1. Choose someone you feel safe with
2. Plan what you want to say
3. Make sure it is a good time to talk
4. Talk about your problem and how to solve it



I can do...

Four Square Breathing



 **PBIS Rewards**®

1. Breathe in for 4 seconds
2. Hold for 4 seconds
3. Breathe out for 4 seconds
4. Hold for 4 seconds and repeat exercise 10 times