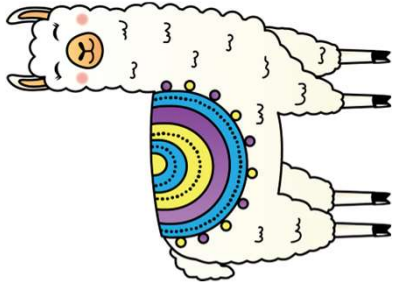




STUDENT BOOKMARKS FOR EMOTIONAL REGULATION

Name: _____

I can find a solution to this problem.



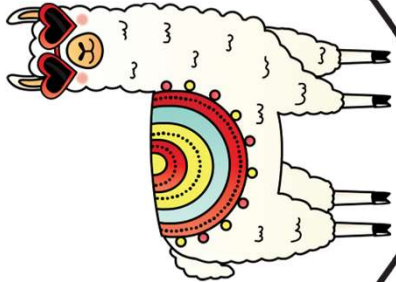
Name: _____

I can count to ten slowly.
I am in control.



Name: _____

I can talk to someone I trust.



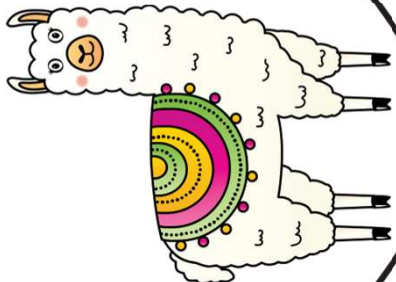
Name: _____

I can take a break and come back.



Name: _____

I can think of something that makes me happy.

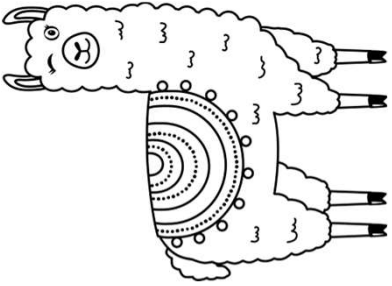




STUDENT BOOKMARKS FOR EMOTIONAL REGULATION

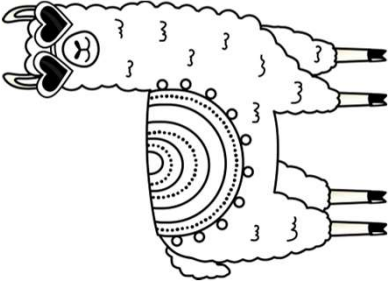
Name: _____

I can find a solution to this problem.

A black and white line drawing of a llama standing and facing left. It has a large, multi-colored rainbow on its back. The llama's face has a neutral expression.

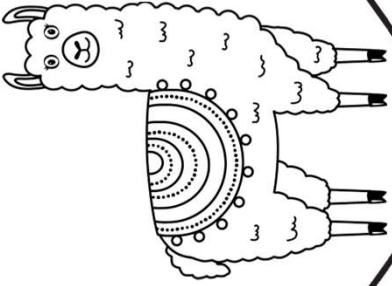
Name: _____

I can count to ten slowly.
I am in control.

A black and white line drawing of a llama standing and facing left. It has a large, multi-colored rainbow on its back. The llama is wearing dark sunglasses.

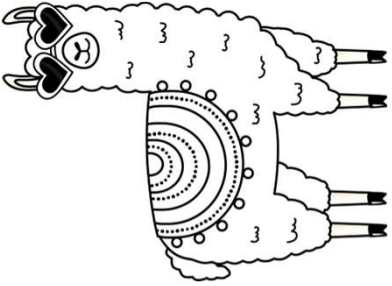
Name: _____

I can talk to someone I trust.

A black and white line drawing of a llama standing and facing left. It has a large, multi-colored rainbow on its back. The llama's face has a neutral expression.

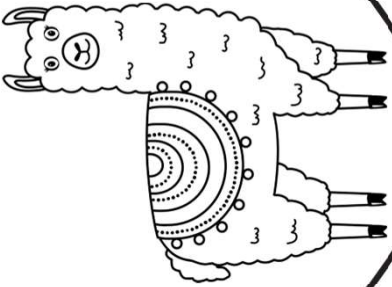
Name: _____

I can take a break and come back.

A black and white line drawing of a llama standing and facing left. It has a large, multi-colored rainbow on its back. The llama is wearing dark sunglasses.

Name: _____

I can think of something that makes me happy.

A black and white line drawing of a llama standing and facing left. It has a large, multi-colored rainbow on its back. The llama's face has a neutral expression.