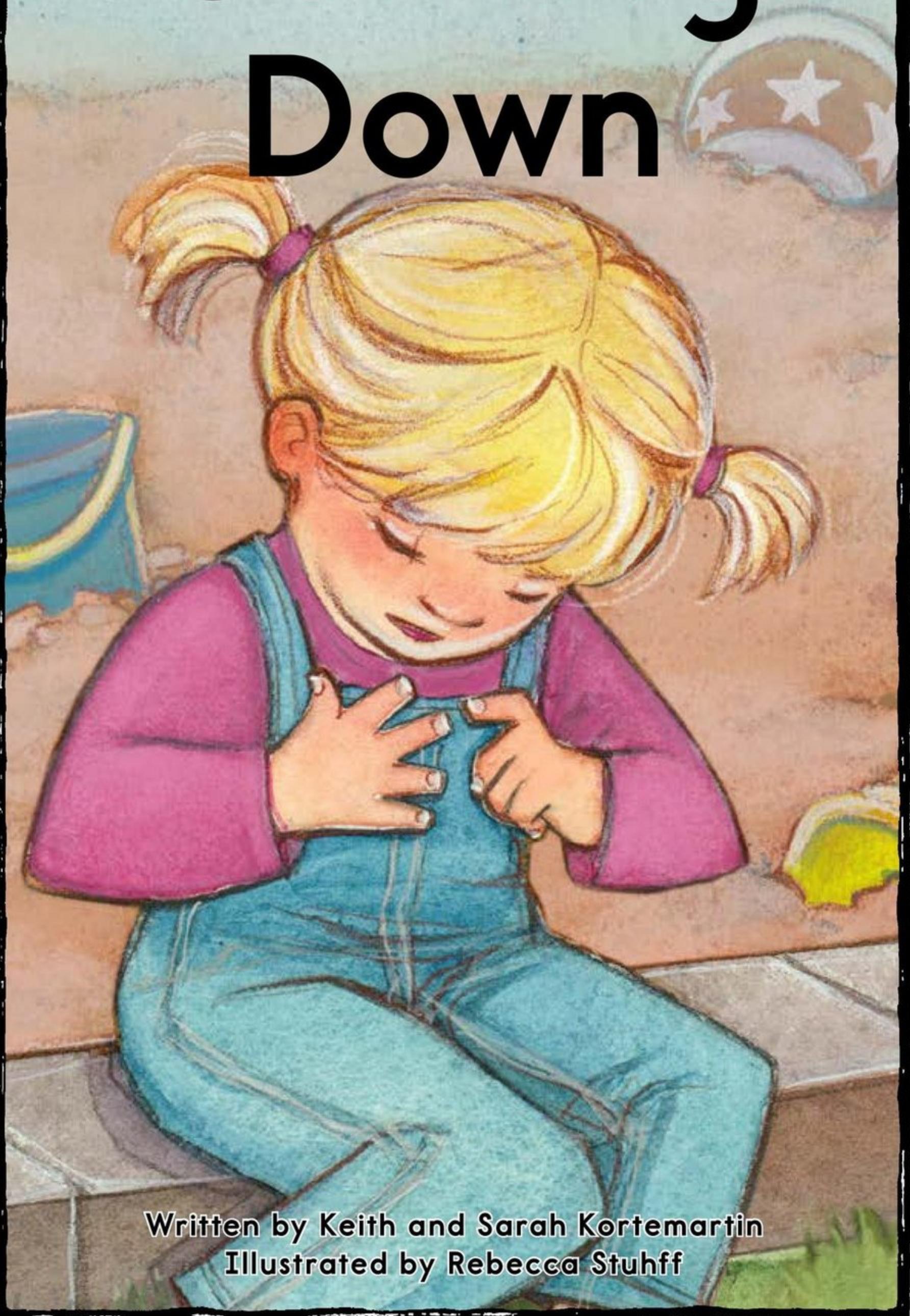


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Calming Down

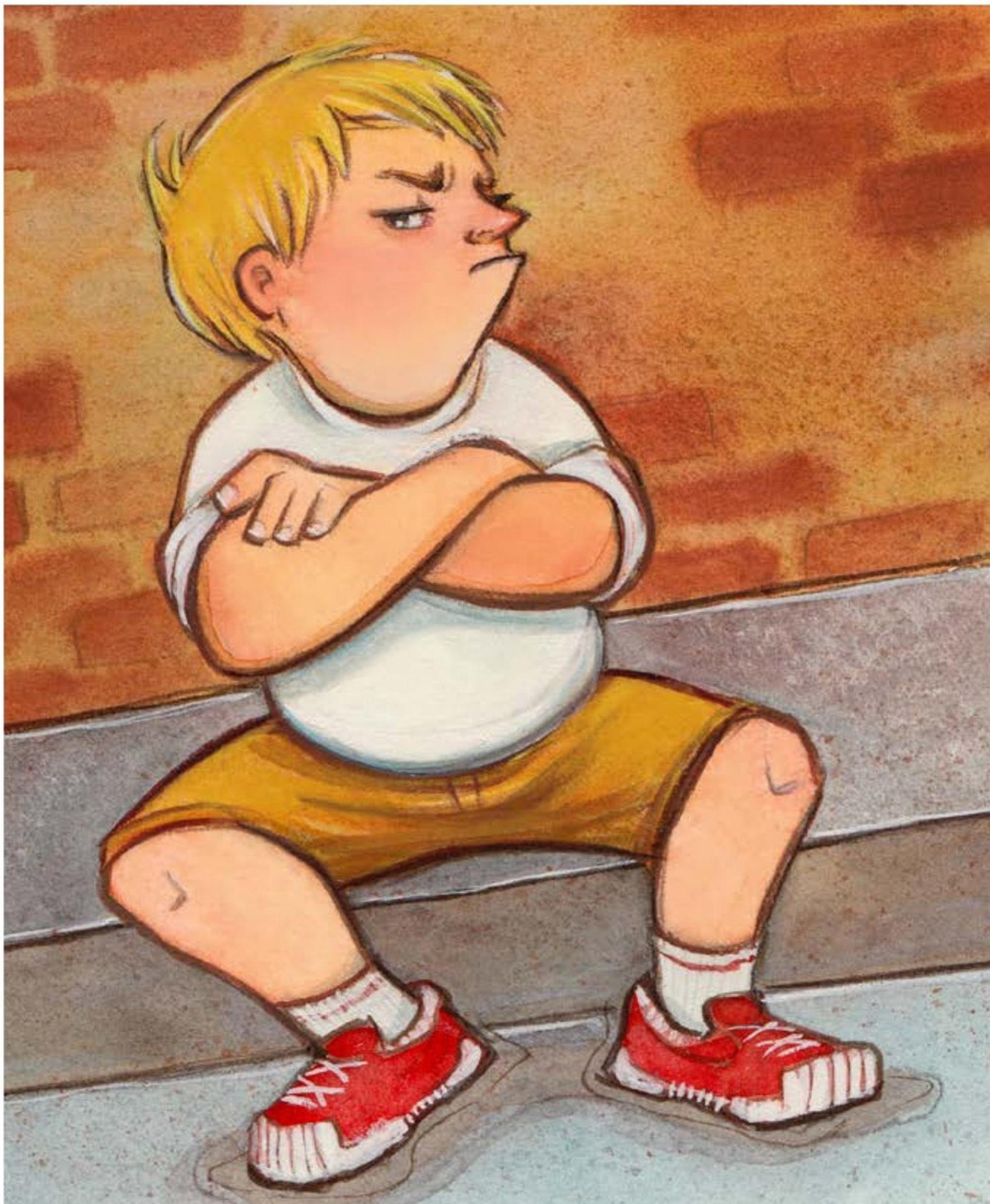


Written by Keith and Sarah Kortemartin
Illustrated by Rebecca Stuhff

Calming Down



Written by Keith and Sarah Kortemartin
Illustrated by Rebecca Stuhff



Everyone feels angry sometimes.

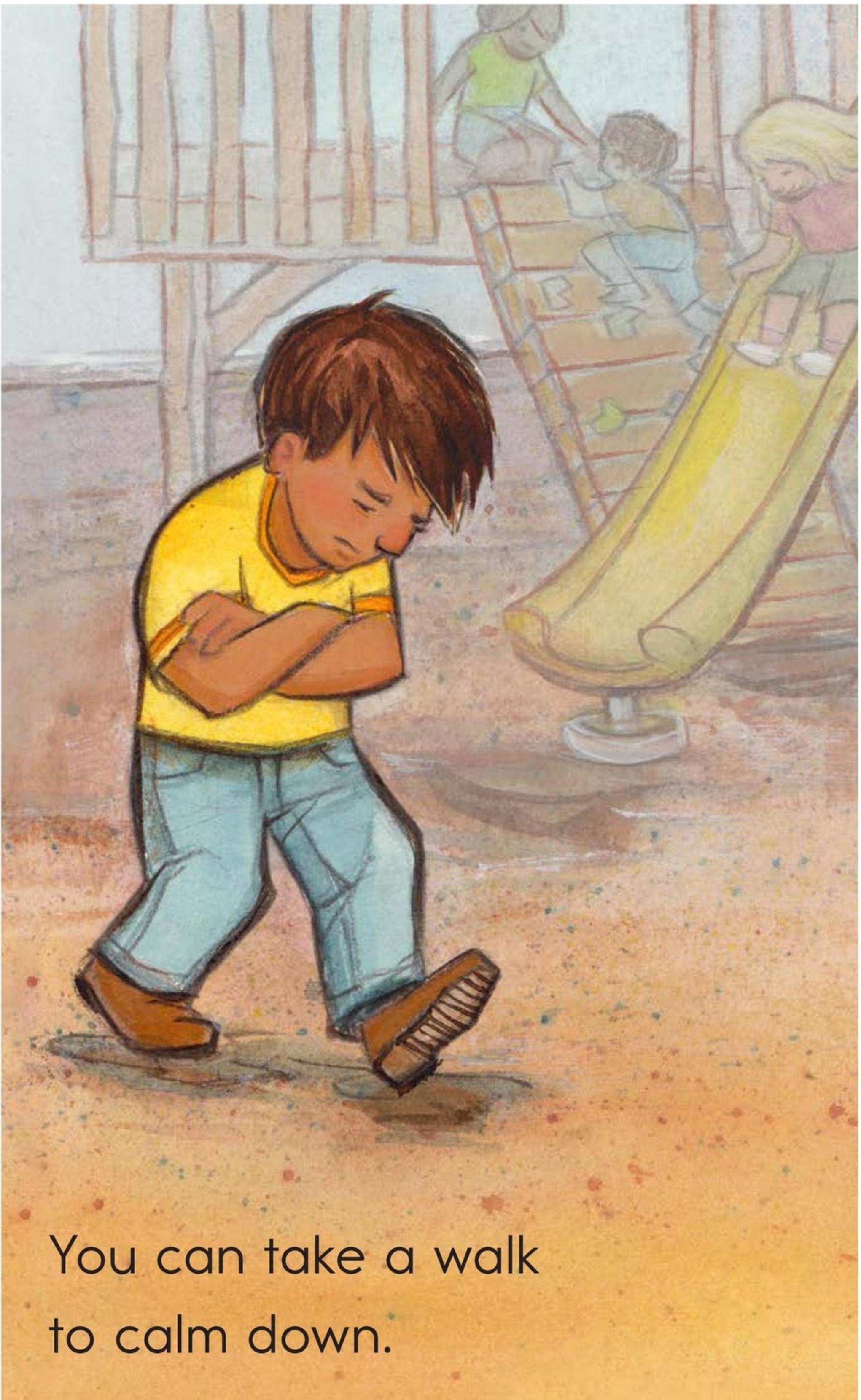
Here are some ways to calm down.



You can breathe slowly
to calm down.



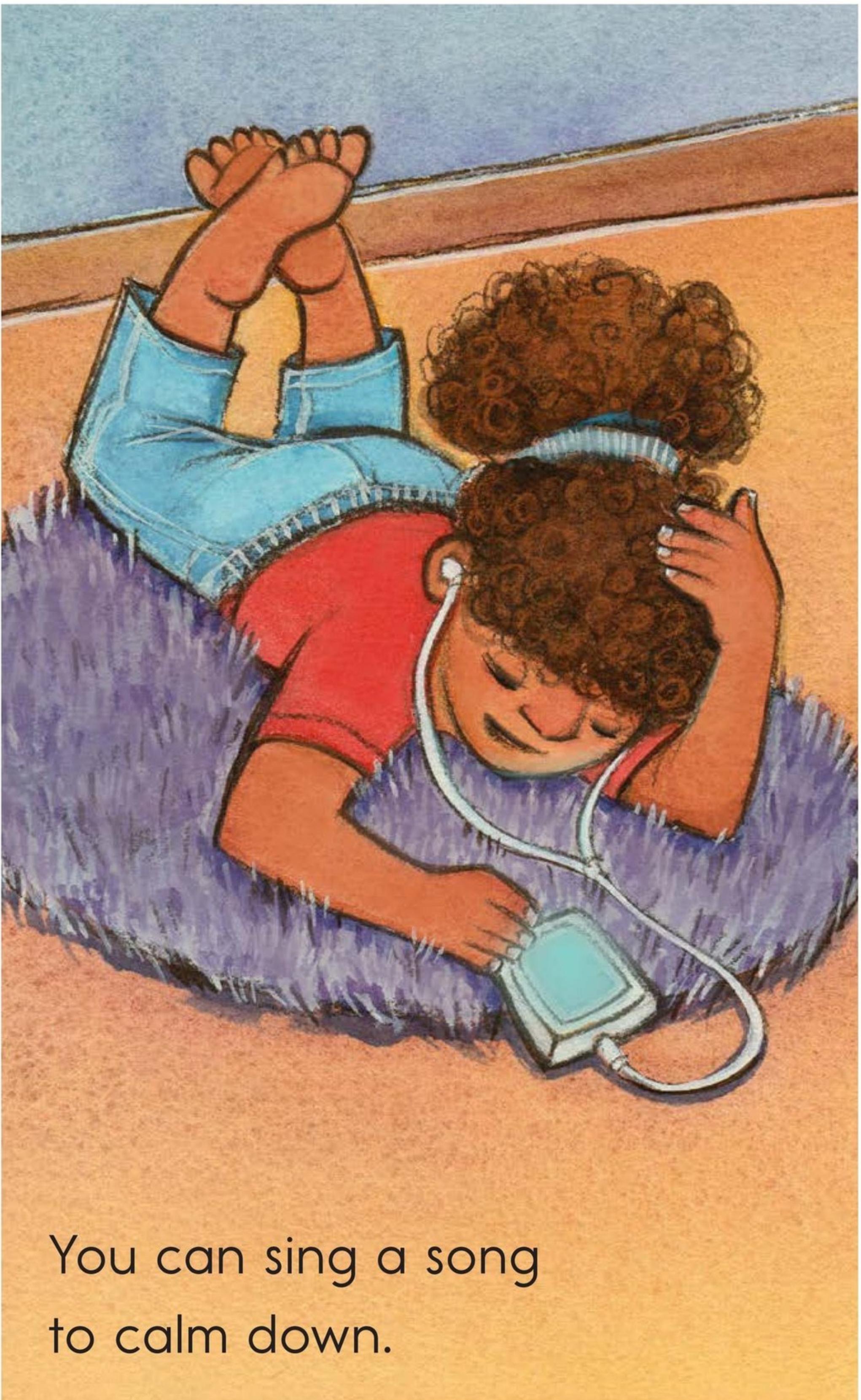
You can count from ten
to zero to calm down.



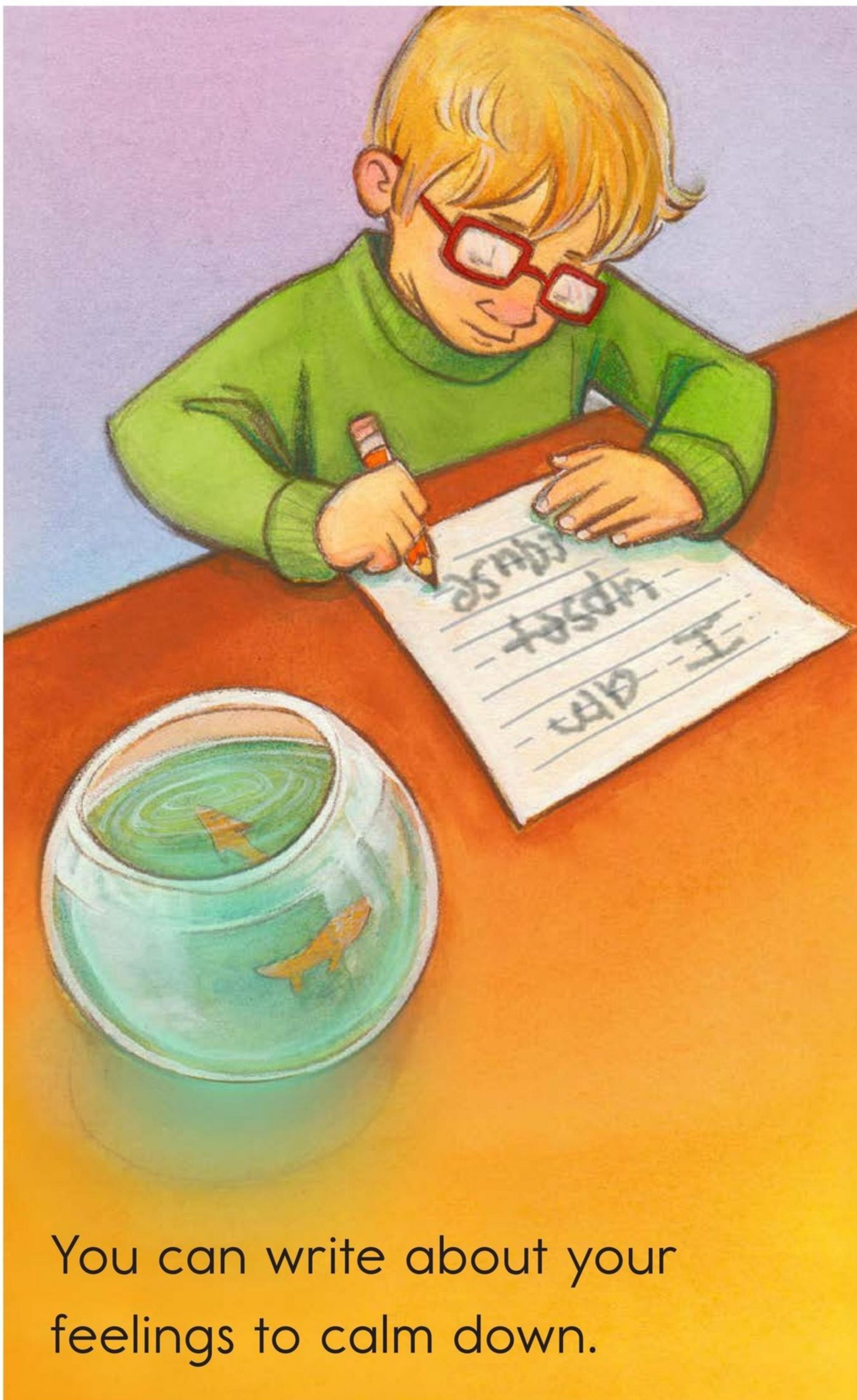
You can take a walk
to calm down.



You can run outside
to calm down.



You can sing a song
to calm down.



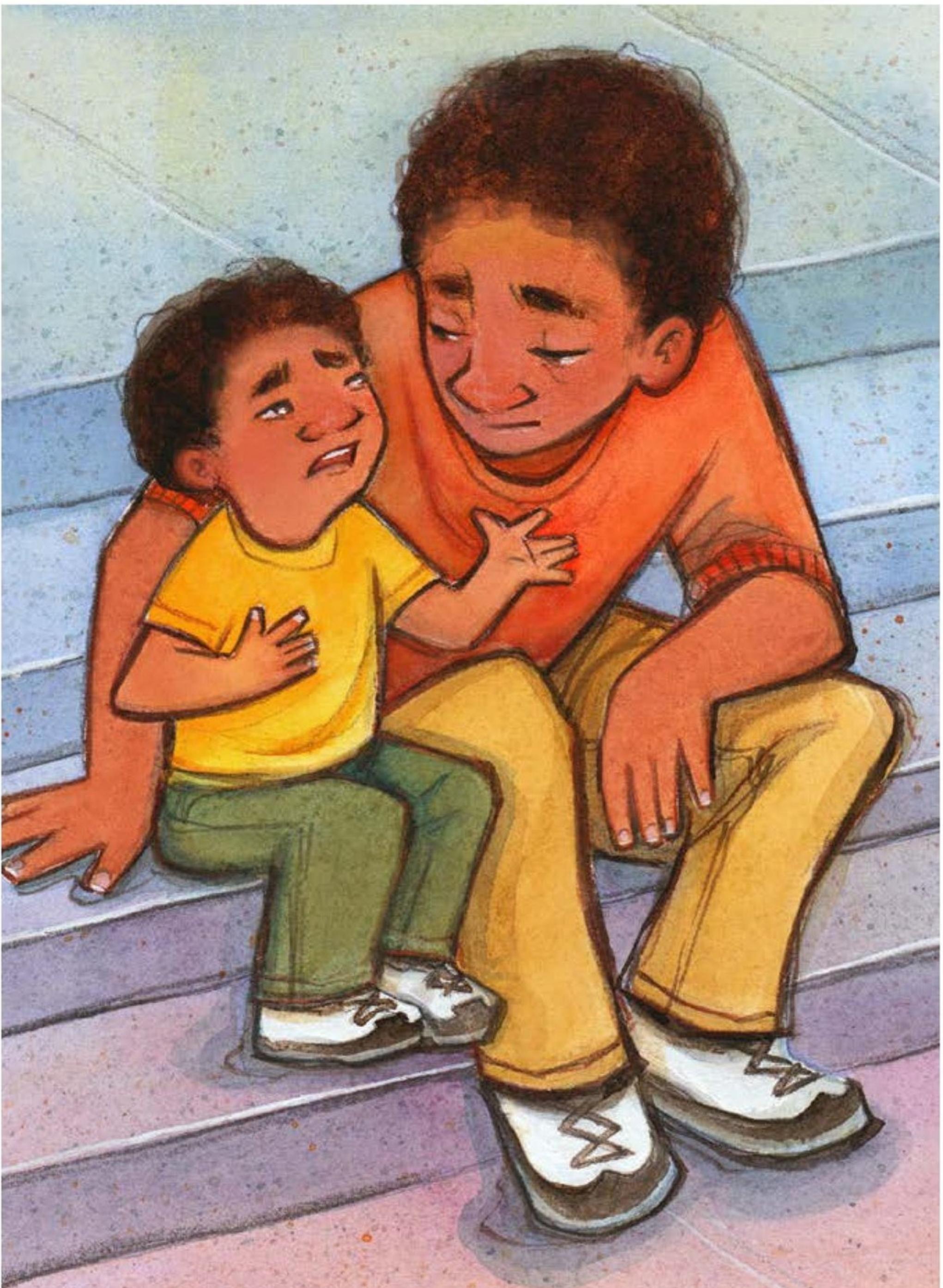
You can write about your feelings to calm down.



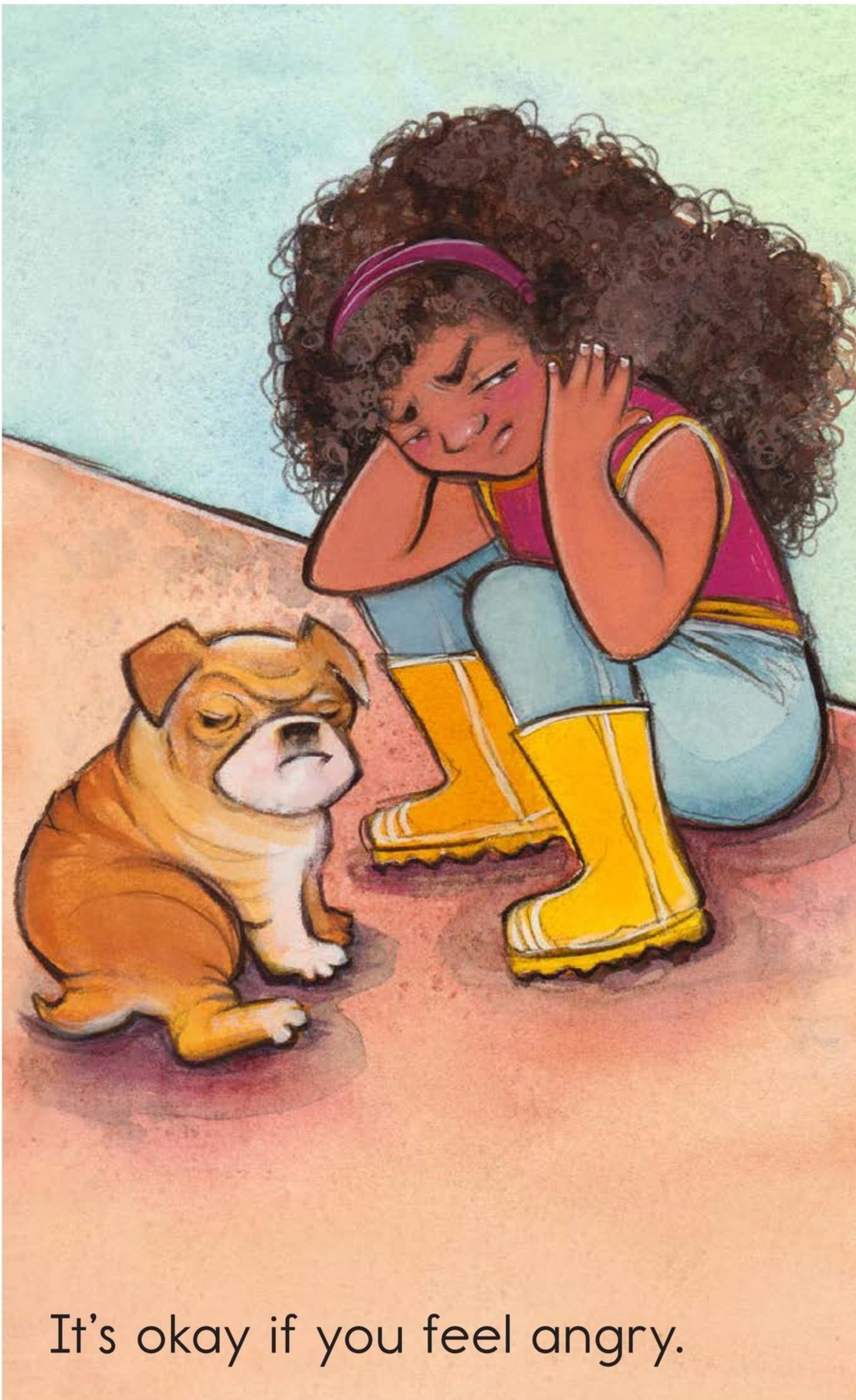
You can draw your feelings
to calm down.



You can think about your
feelings to calm down.



You can talk about your
feelings to calm down.



It's okay if you feel angry.



How do you calm down?

Calming Down
Level E Leveled Book
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Written by Keith and Sarah Kortemartin
Illustrated by Rebecca Stuhff

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