

Pressing Pause

Choice Board



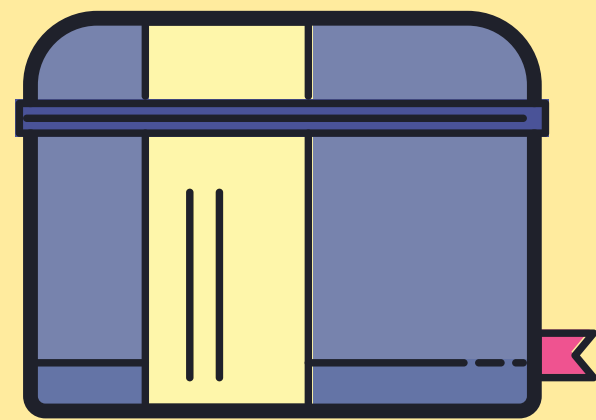
Take five,
deep "box
breaths"

Get a drink
of water



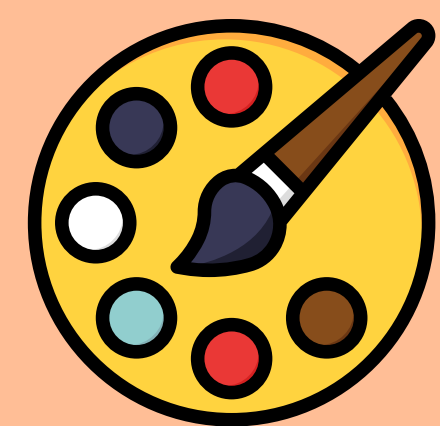
Send an
email to
yourself

Visit the
guidance
counselor



Write in
your
journal

Draw a
picture or
comic



Do some
stretches

Visit the
library



Take five
"flower
breaths"