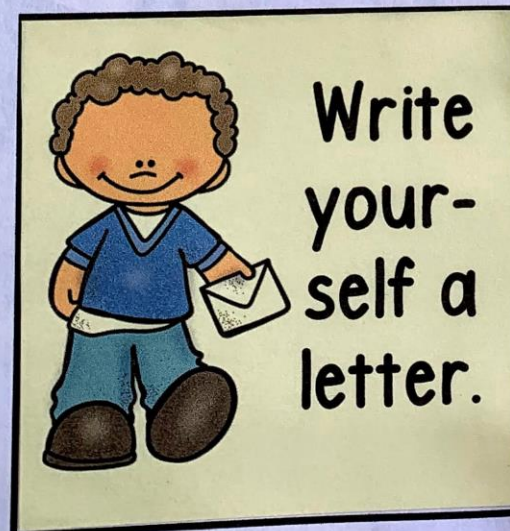
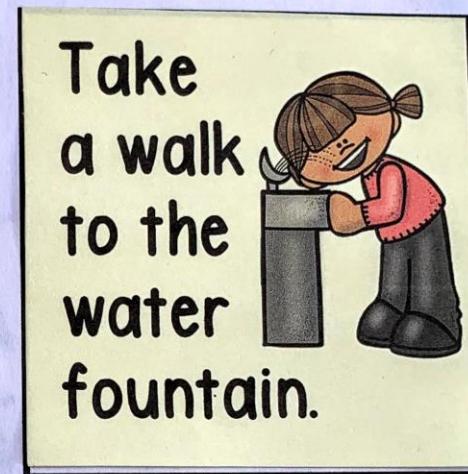
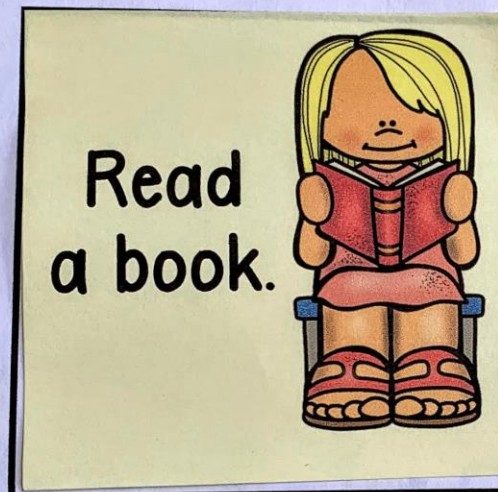
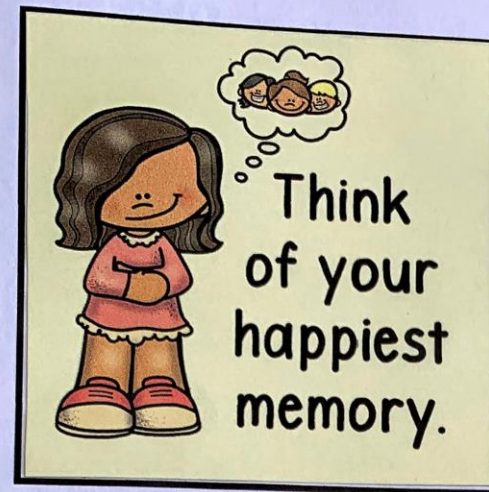


Sticky Notes

Calming Strategies and Words of Affirmation.



Calming Strategies

Gentle reminders to use your strategies



Calming Reminders

Reminders of how to stay calm and collected



Words of Affirmation

Teach students how to talk to themselves



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