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ConsciousDiscipline.co
m

S.T.A.R.



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Drain



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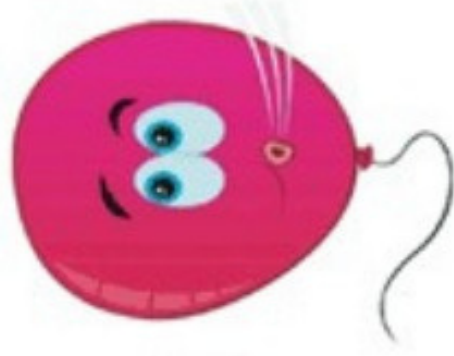


S.T.A.R Stop!

Take a
deep
breath!

&

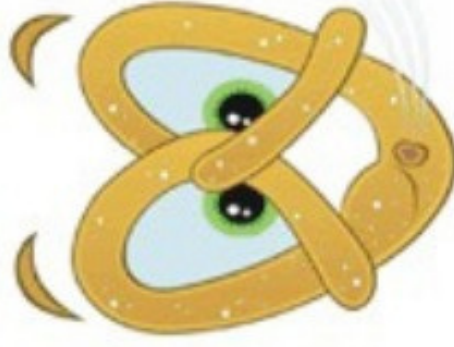
Relax!



Breathe
in your
nose and
let it out
your
mouth!



Hands in
front, fist
tight, and
let it all
go!



Cross your
arms.

Pull your
arms up.

Cross your
feet.

Put your
tongue on top
of your
mouth.

BREATHING CHOICES