



## **When I Need a Break**

***I WILL GO TO:***

**Ms. Campi's room.**

***IF Ms. C IS NOT IN I WILL GO TO:***

**Ms. Chiarenza's room.**



## **When I am Frustrated**

**I Will:**

1. ***Sit in my chair.***
2. ***Take 5 deep breaths***
3. ***I will not yell, hit, or hurt others***
4. ***Count to 10***
5. ***Get back to work***