



Talk It Out!

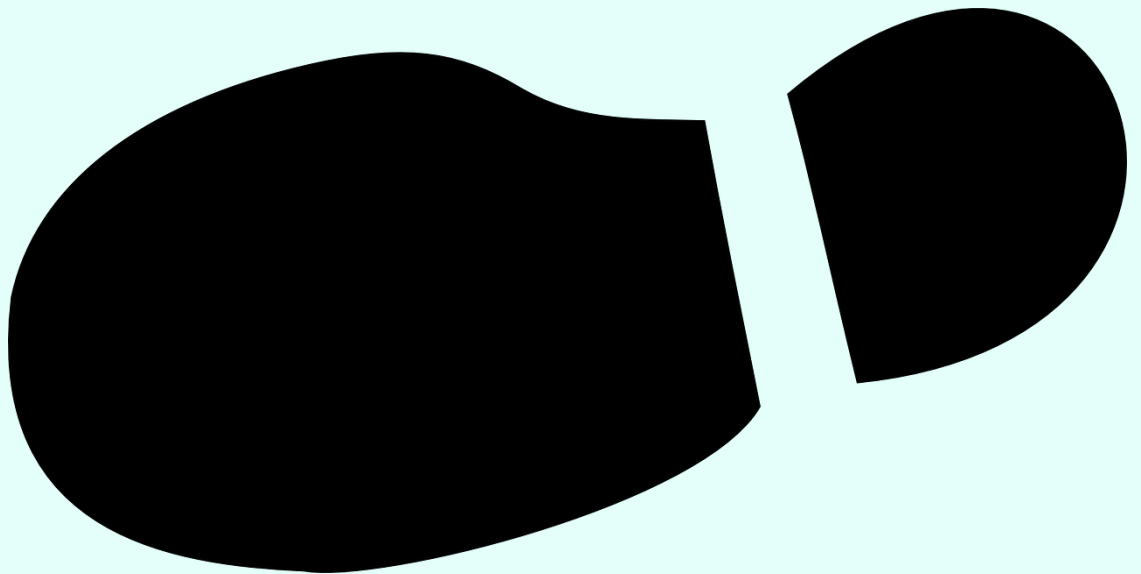
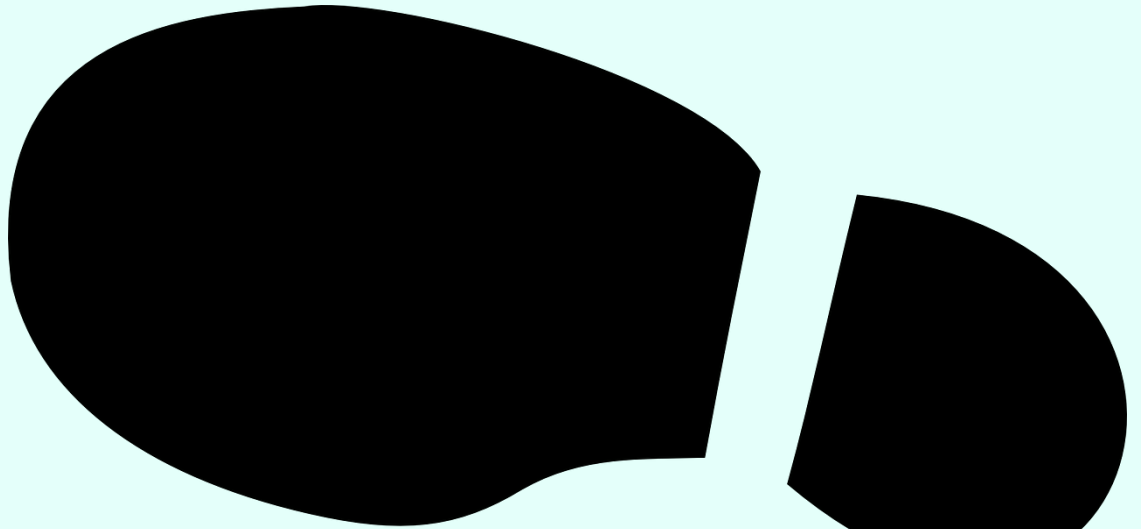


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<https://www.pexels.com/photo/discontented-african-american-girl-sitting-with-sister-near-paper-sheets-4544767/>

Stomp it out!



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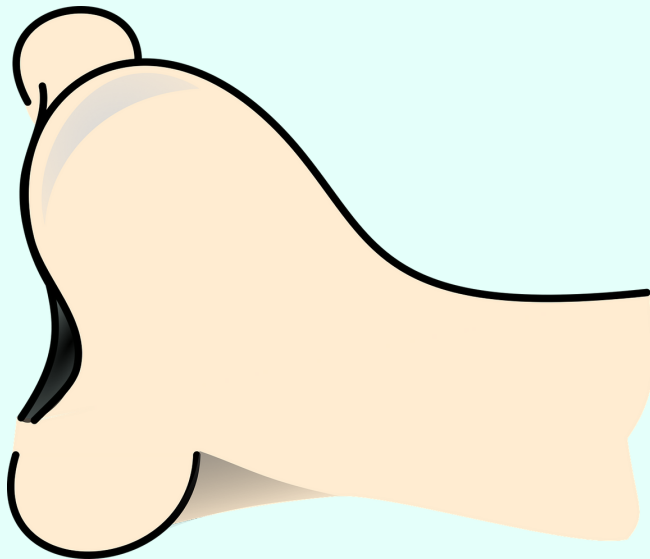
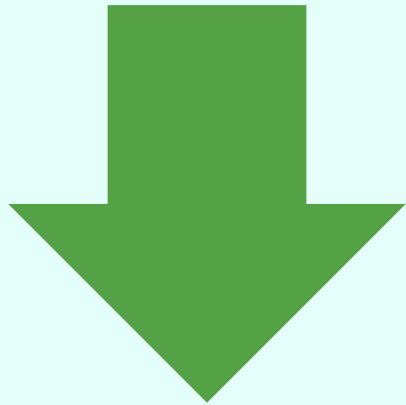
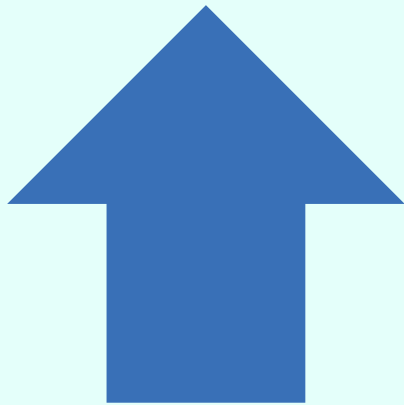
Draw it out!



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Breathe in and out!



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How to use this resource:

Thank you for downloading this FREE resource at ChildCareEd! These colorful posters can be printed out in either color or black/white. Laminate them so they'll last longer in your classroom. Post them in your Calm Down corner for children to use when they are feeling BIG emotions.

