My Waiting Steps

~ Visual Guide ~

1 Stop

I pause and stop what I am doing.



2 Breathe

I take a slow, deep breath in and out.



3 Calm Body

My body is calm. Hands and feet stay still.



4 Think

I tell myself: "I can wait. It is okay."



5 Wait

I watch the clock. My turn is coming!



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While I Wait, I Can...

Circle or color one thing to try!

1

Count to 10

1 2 3 ...

2

Take 3 Deep Breaths

in ... and out

3

Hum a Quiet Song

la la la

4

Look Around

Find 3 blue things

5

Squeeze Hands

Press and let go

6

Hold My Fidget

Soft and slow



Great Job Waiting!

I did it! I waited and stayed calm.

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My Waiting Star Chart

Color a star each time I wait calmly!

Mon	Tue	Wed	Thu	Fri
☆	☆	☆	☆	☆
☆	☆	☆	☆	☆
☆	☆	☆	☆	☆
☆	☆	☆	☆	☆

Calm Words I Can Say

"I can wait."

"It is almost my turn."

"Waiting is hard, and I can do it."

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