✂ **Card 1 of 4 · Strong or Weak?**

"I'll be calmer."

✂ **Card 2 of 4 · Strong or Weak?**

"When I get frustrated in math, I will use box breathing before I talk. I'll try it 2 times a week. I'll know it helped when my voice is calm and I get back to work."

✂ **Card 3 of 4 · Strong or Weak?**

"When I'm stressed, I'll use box breathing, 5-4-3-2-1, cold water, and a reset pass."

✂ **Card 4 of 4 · Strong or Weak?**

"When the hallway is loud, I'll squeeze and release my fists 3 times a week. I'll know it helped when my shoulders drop and I get to class on time."