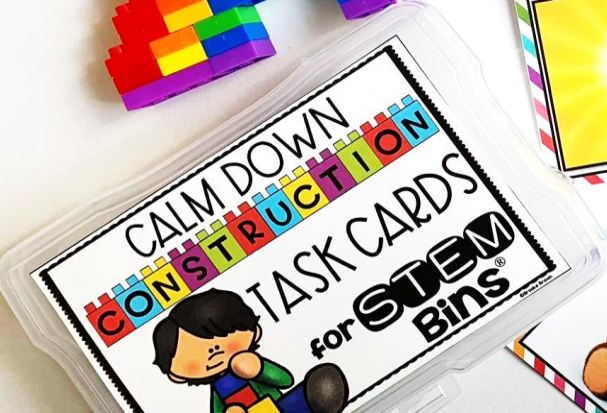
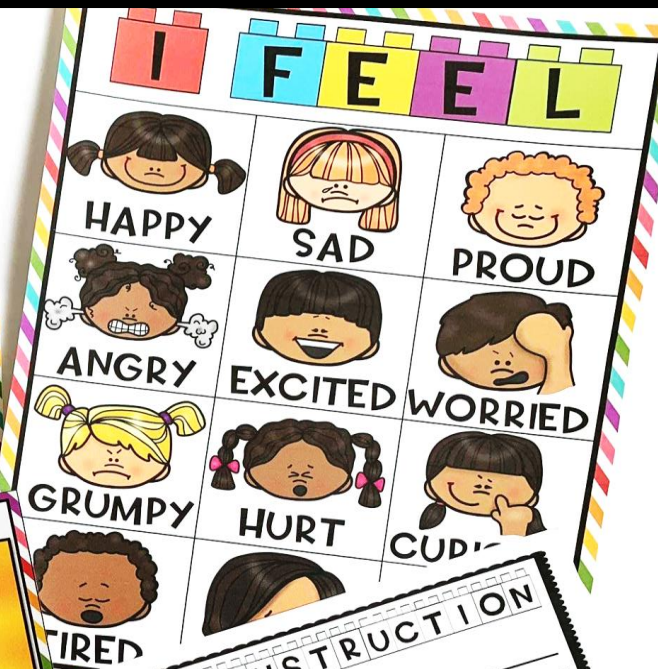


# CALM DOWN

## CONSTRUCTION

With **STEM Bins**®



CREATED BY BROOKE BROWN

- 1) BREATHE
- 2) BUILD
- 3) REFLECT
- 4) REJOIN





- \*18 CALMING STRUCTURE TASK CARDS
- \*3 SELF-REGULATION REFLECTIONS
- \*CALMING VIDEO LINKS
- \*CALMING BUILDING APPS
- \*CALMING MUSIC PLAYLIST

