

1. Look:
Spencer notices
what is happening
before acting.



Point to, say, or place the
three cards in story order.

2. Breathe:
Spencer takes
one slow breath to
make room in his body.



Point to, say, or place the
three cards in story order.

3. Use words:
Spencer says one
clear, kind sentence.



Point to, say, or place the
three cards in story order.

Adult note: This is an optional story tool, not a required calming routine, test, promise, or behavior chart.