

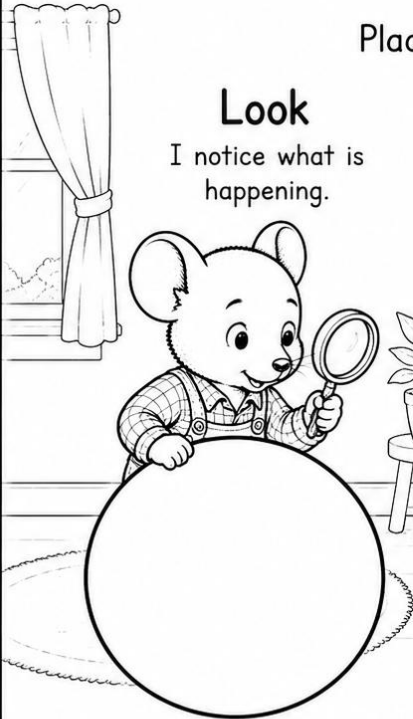
Our Three Steps at Home

Choose or find three safe household objects
to stand for our steps.

Place one object in each circle.

Look

I notice what is
happening.



Breathe

I take one slow
breath.



Use words

I share kind,
clear words.



For Grown-Ups and Helpers

You are welcome to preselect the objects for your child.

These objects are a story tool, not a test, promise, or behavior chart.

Invite your child to take their time and make this their own. ♥

