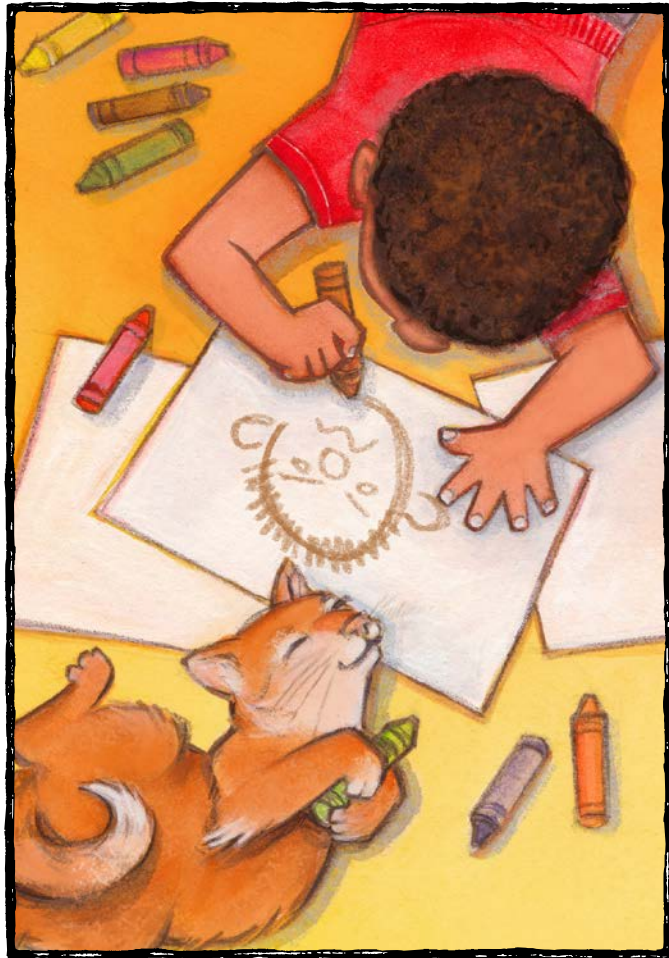


Calming Down

A Reading A-Z Level E Leveled Book

Word Count: 97

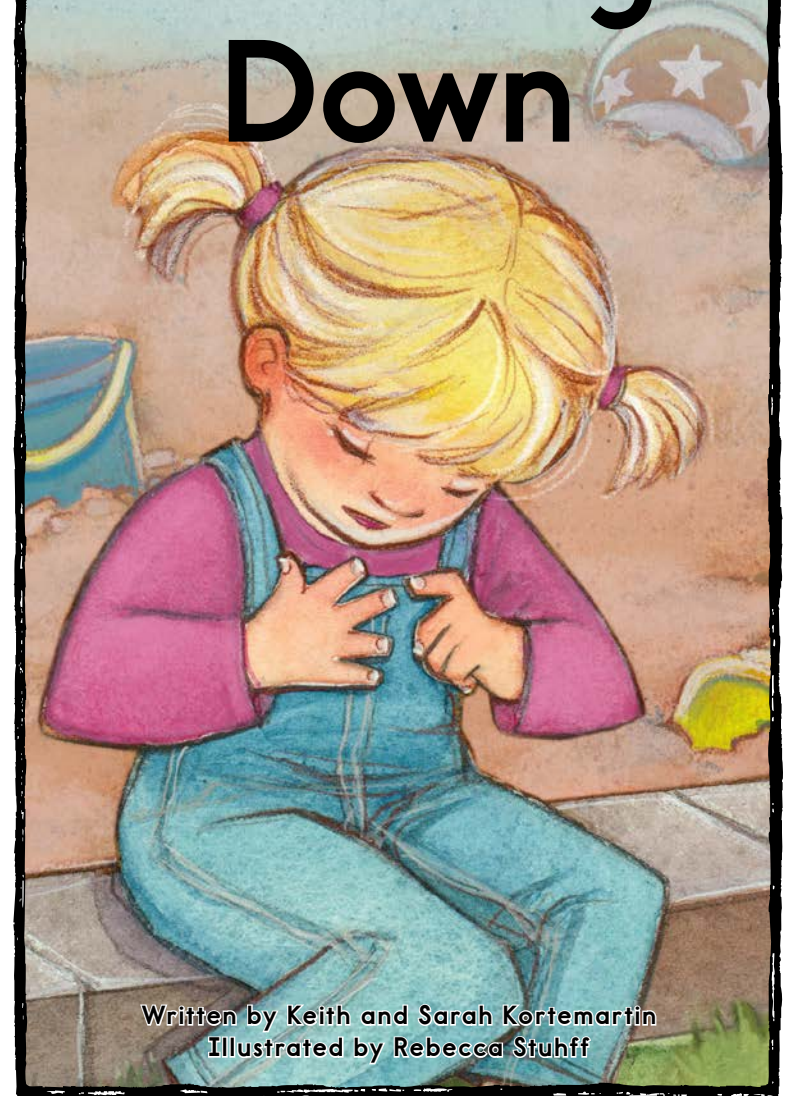


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Calming Down



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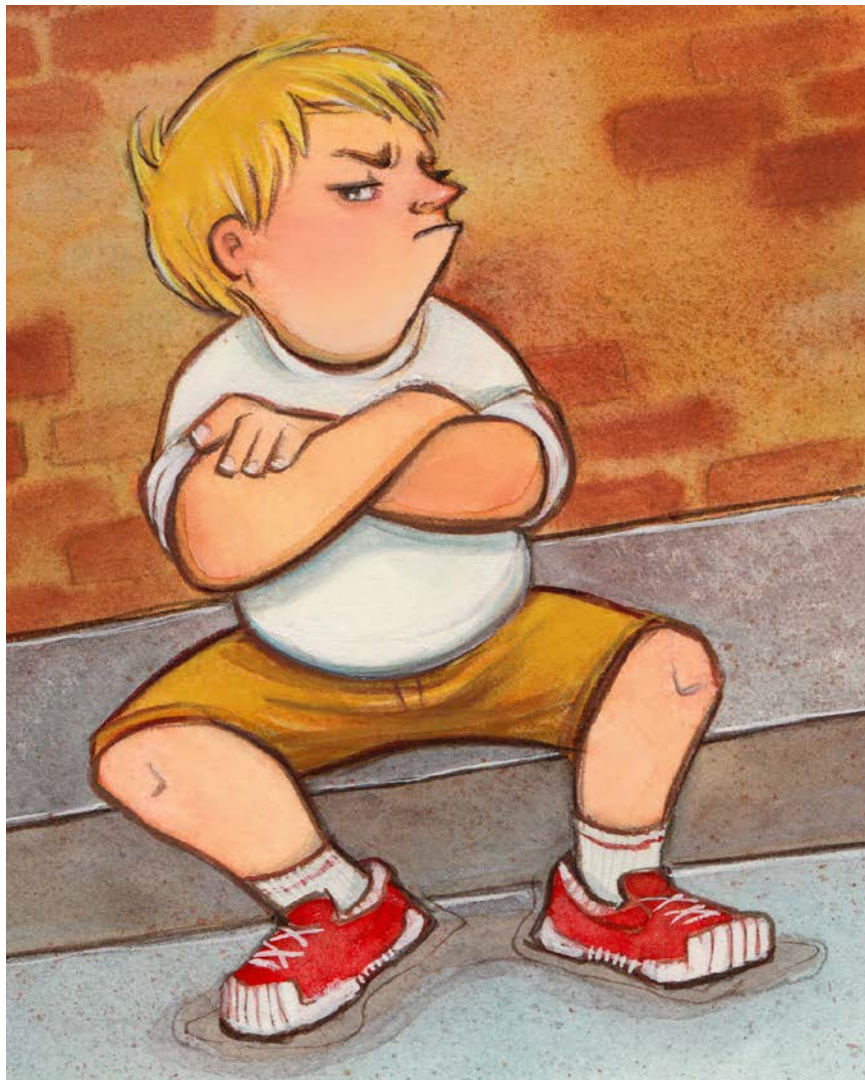
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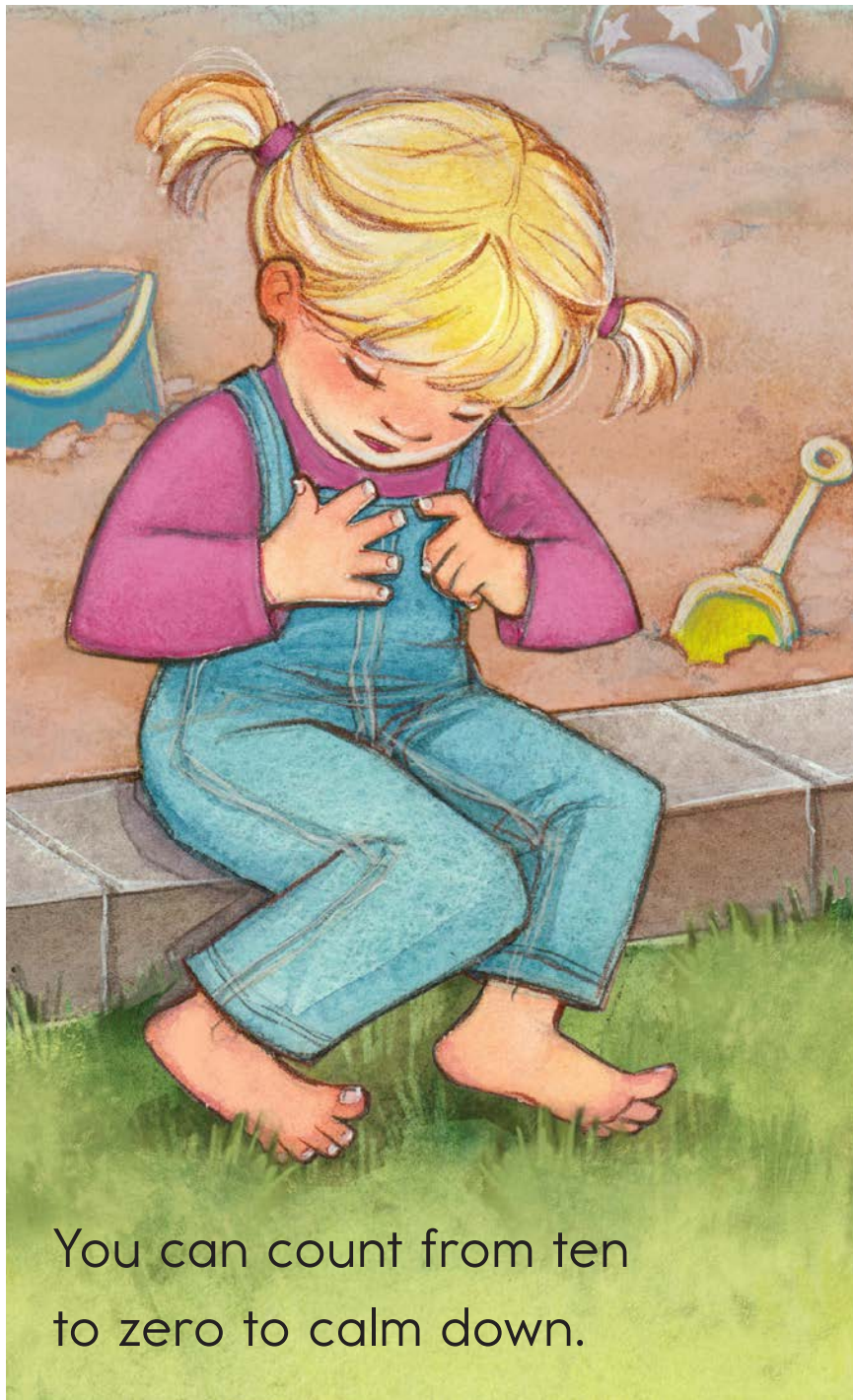
LEVEL E	
Fountas & Pinnell	E
Reading Recovery	7-8
DRA	8



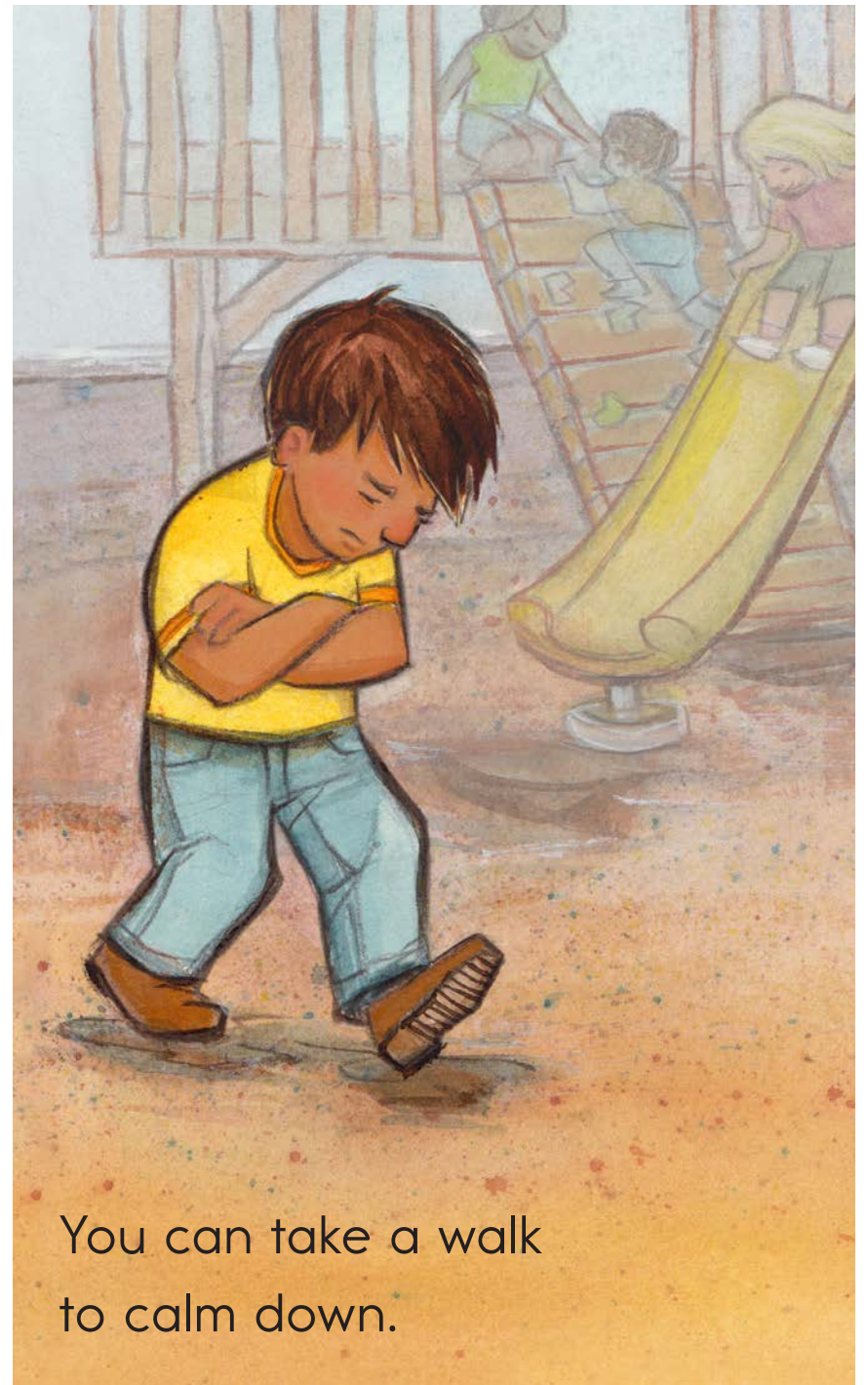
Everyone feels angry
sometimes.
Here are some ways
to calm down.



You can breathe slowly
to calm down.



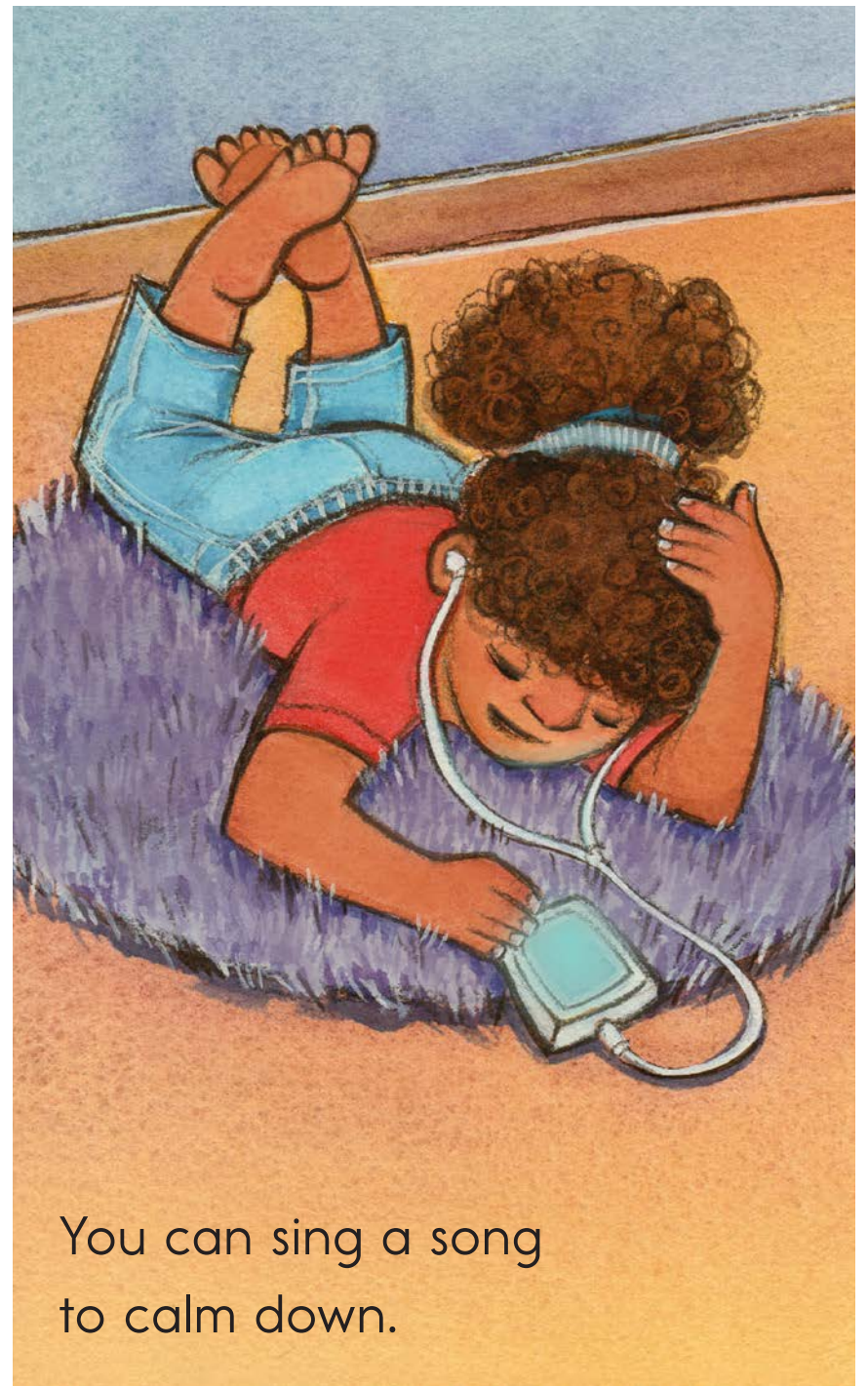
You can count from ten
to zero to calm down.



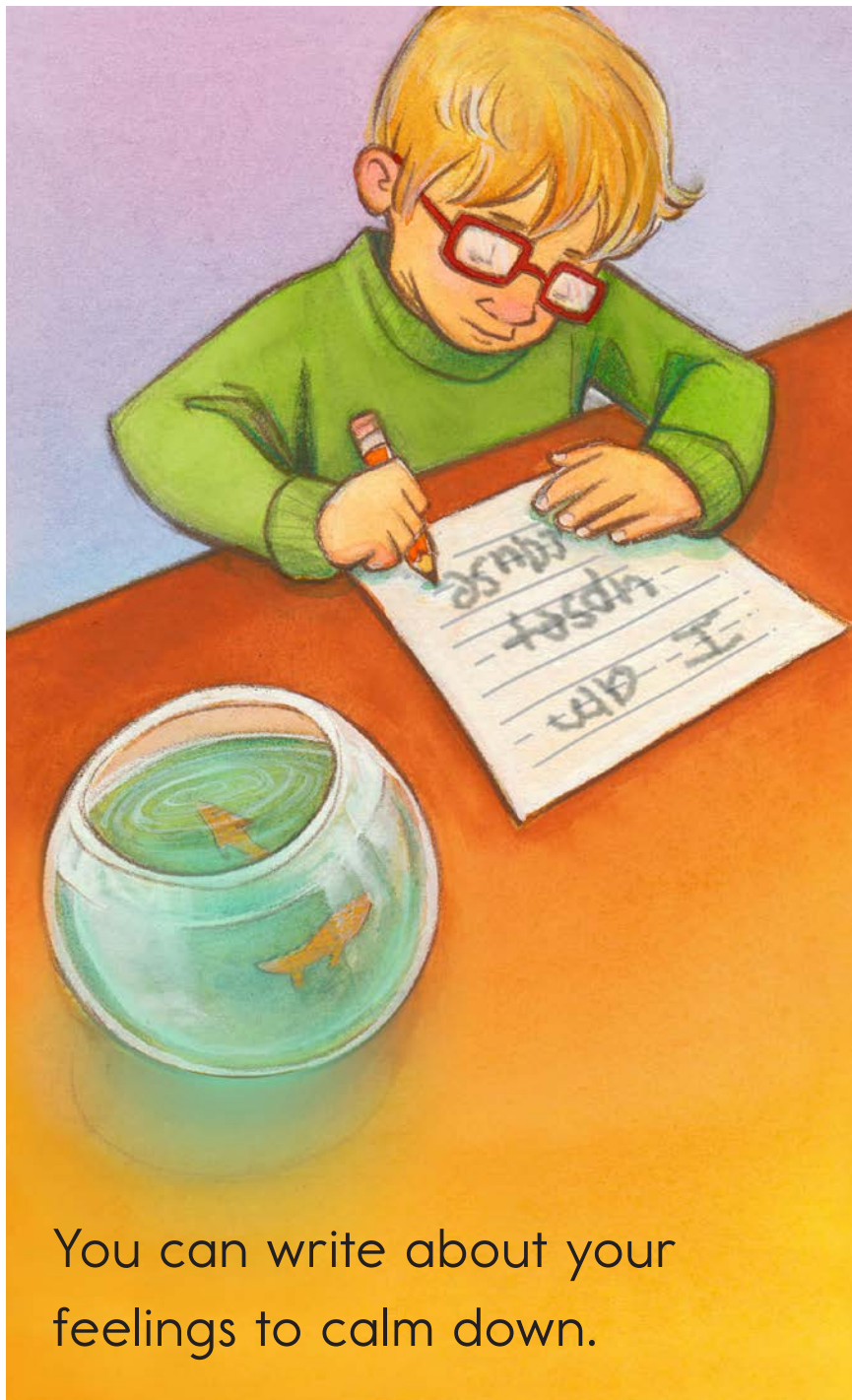
You can take a walk
to calm down.



You can run outside
to calm down.



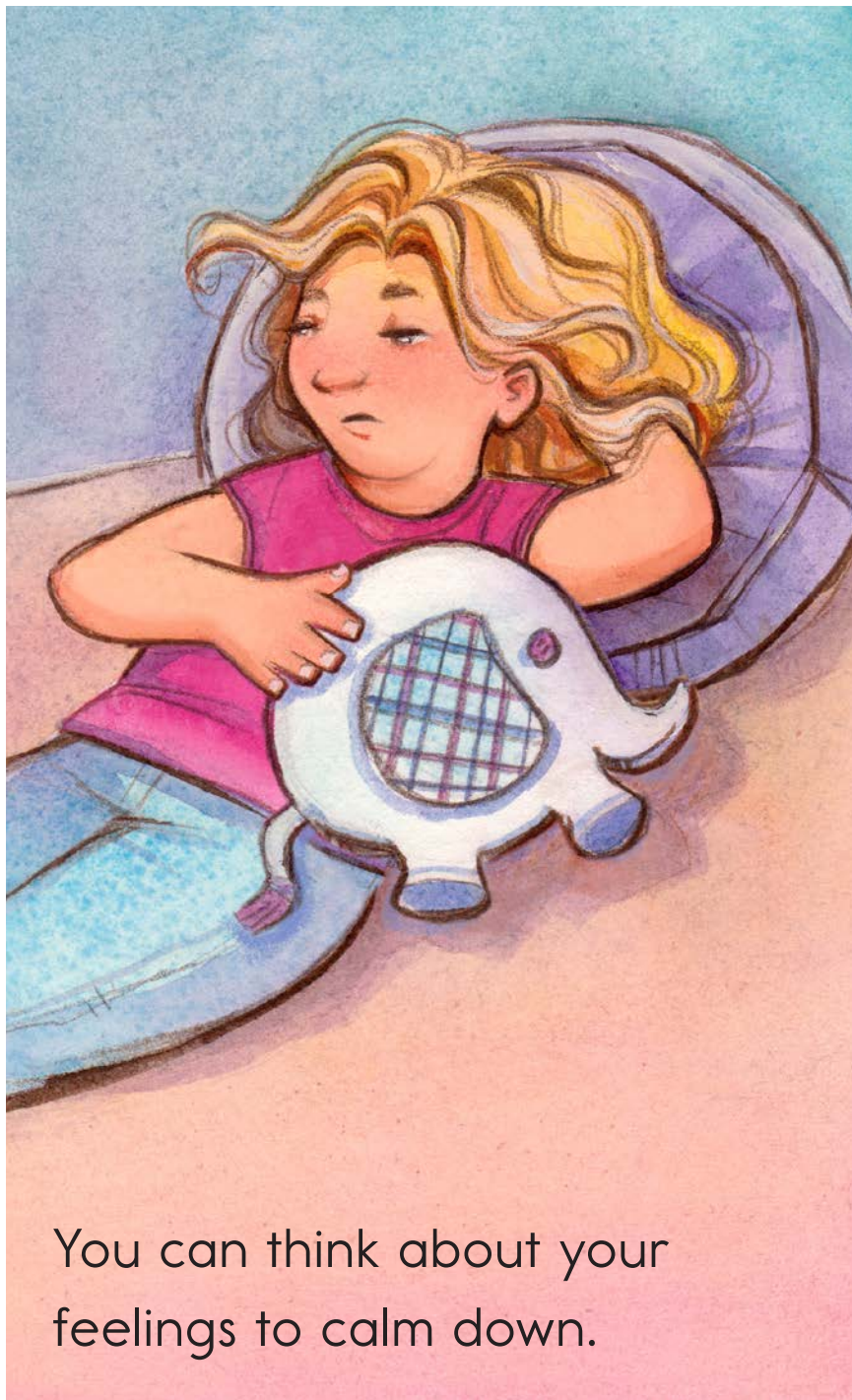
You can sing a song
to calm down.



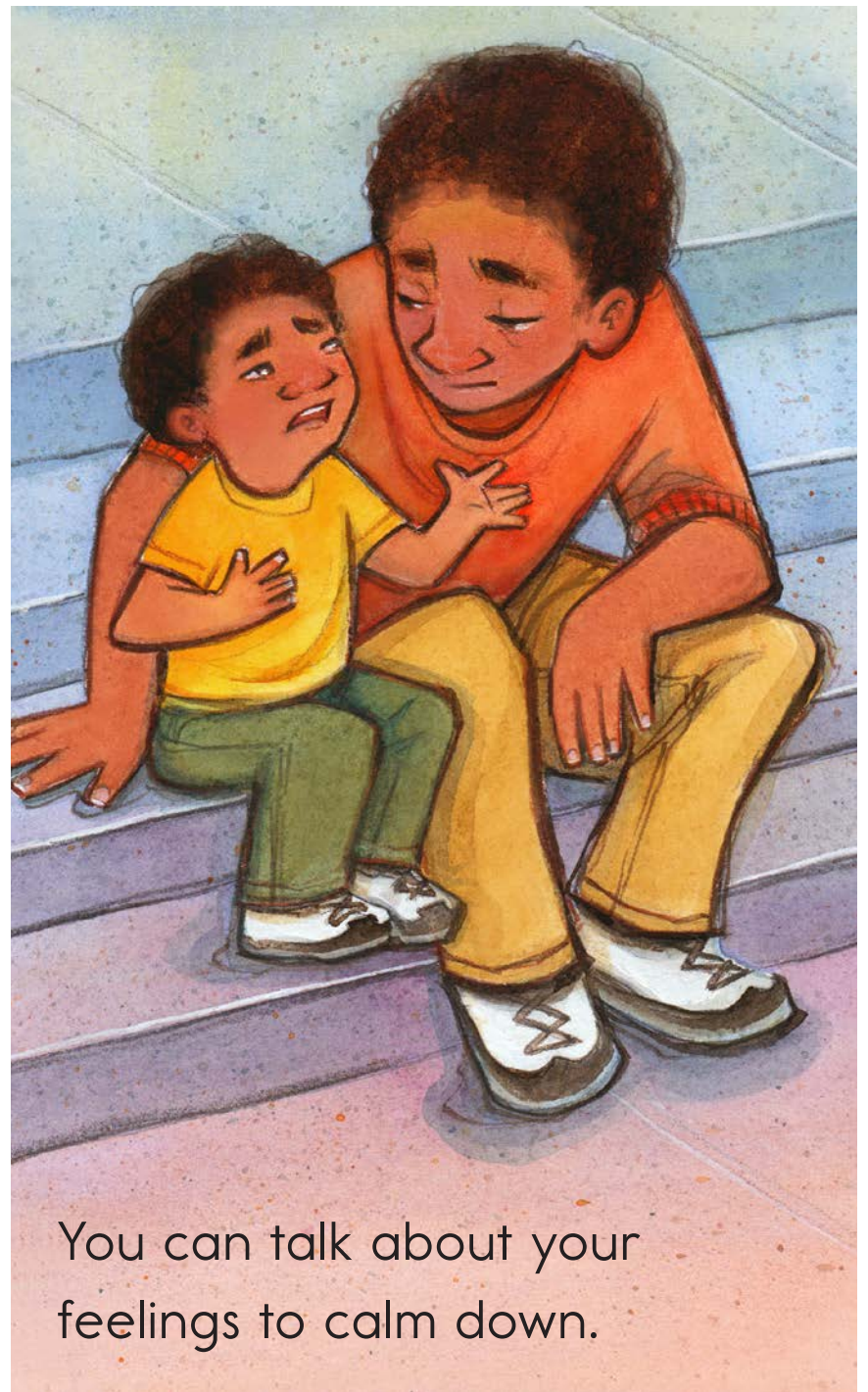
You can write about your feelings to calm down.



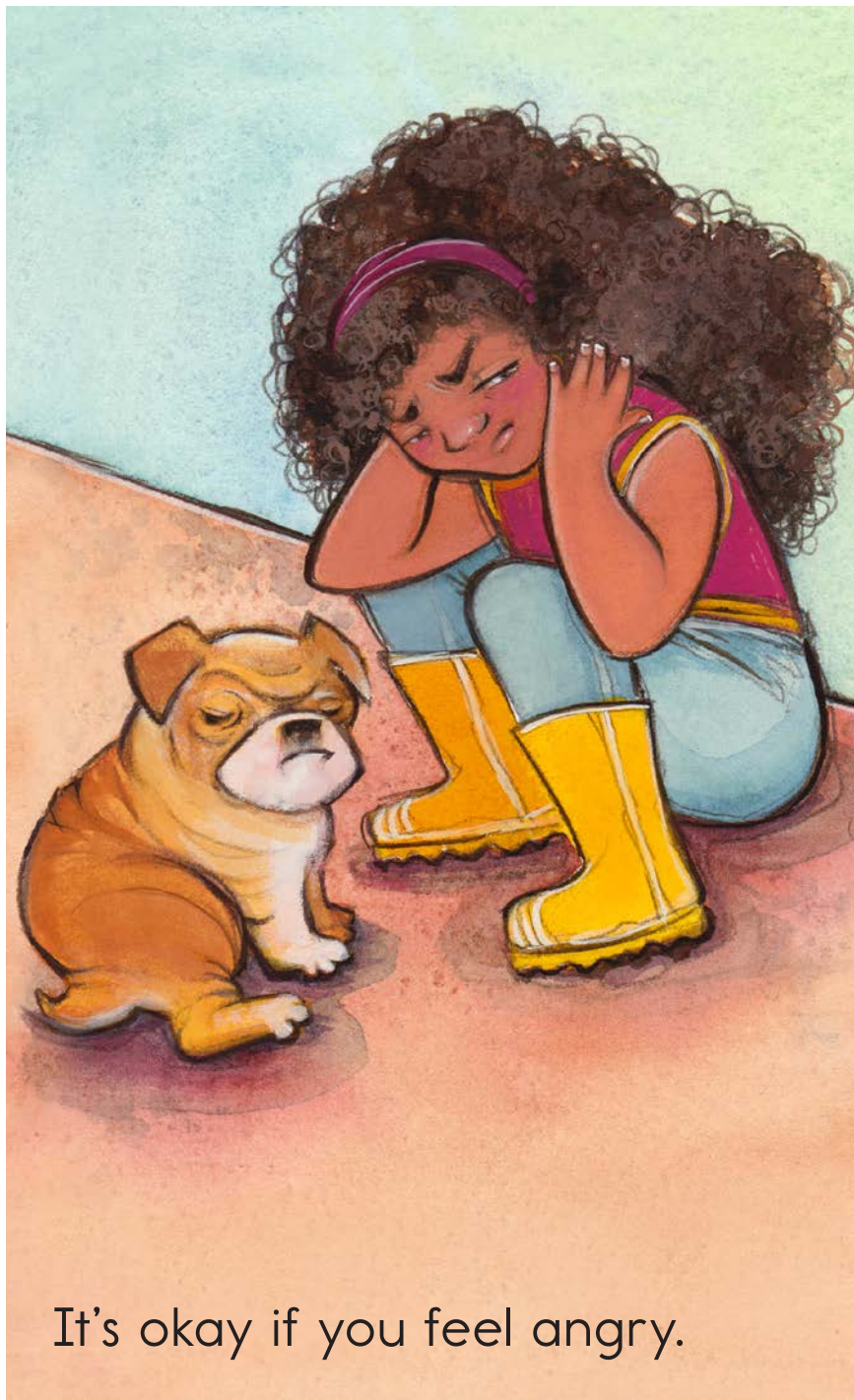
You can draw your feelings to calm down.



You can think about your feelings to calm down.



You can talk about your feelings to calm down.



It's okay if you feel angry.



How do you calm down?