

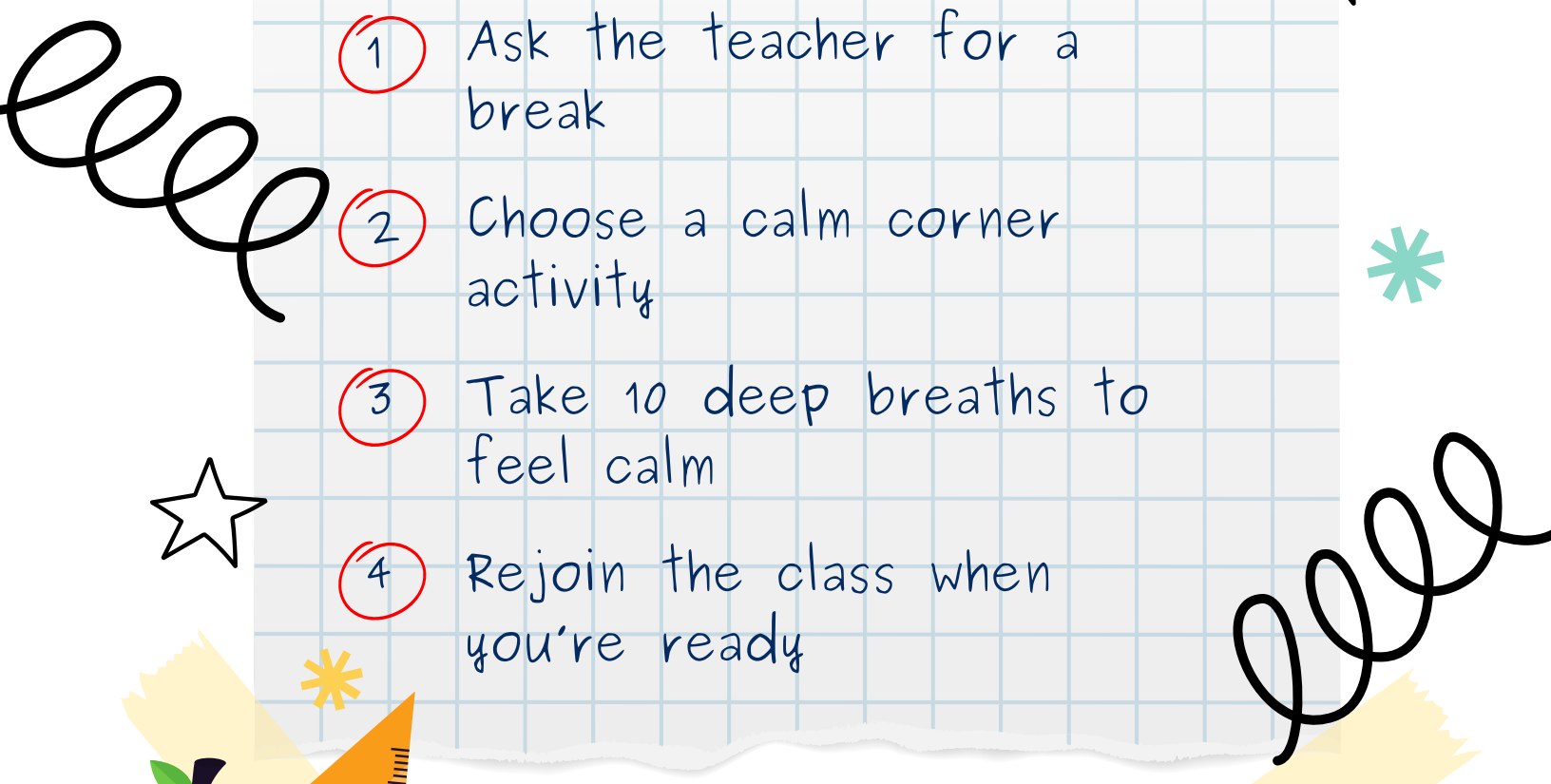


BEAM

BEHAVIORAL EMOTIONAL & ACADEMIC MENTORING



Calm Corner Rules

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- 1 Ask the teacher for a break
 - 2 Choose a calm corner activity
 - 3 Take 10 deep breaths to feel calm
 - 4 Rejoin the class when you're ready

