



STOP • THINK • PICK

My 3-Step Superpower!

1



STOP

to Notice

Looking eyes
Listening ears
Quiet mouth

2



THINK

to Understand

Breathe.
What happened?
What do I need?

3



PICK

to Respond

Look at my choices.
Pick one.
Then do it.



Breathe in



Breathe out

From "I DON'T KNOW" to "I SEE!"





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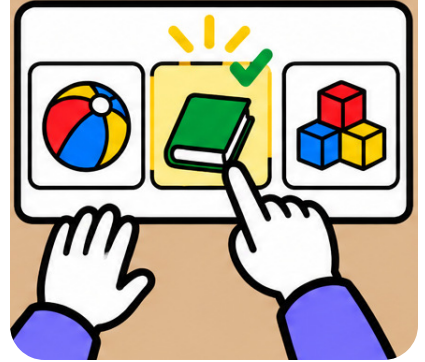
STOP

2



THINK

3



PICK



Breathe in,
out & count

1

2

3

4

5

6

7

8

9

10



STOP•THINK•PICK

1



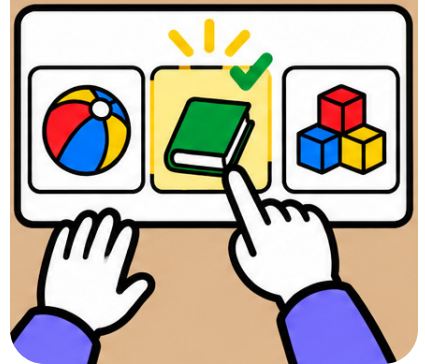
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THINK

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PICK



Breathe in,
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10





STOP



STOP



STOP



STOP



STOP



STOP



THINK



THINK



THINK



THINK



THINK



THINK



PICK



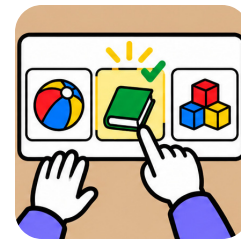
PICK



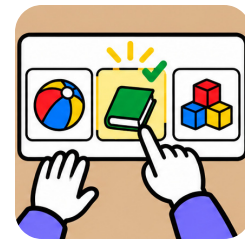
PICK



PICK



PICK



PICK



Breathe in



Breathe out



Breathe in



Breathe out



Breathe in



Breathe out



Breathe in



Breathe out



Breathe in



Breathe out



Breathe in



Breathe out

1. Teach it

Introduce one step at a time with the full-page poster. Say it, show it, and do the action together: looking eyes, listening ears and a quiet mouth for STOP, a slow breath and a quiet wonder for THINK, point to one choice on the board for PICK.

2. Practice it calm

Rehearse when everyone is regulated, not mid-meltdown. Role-play small moments: a friend takes your pencil, the game ends, you have to wait. Use the Breathe Like Me page to teach flower breaths and pinwheel breaths, then count 1 to 10 on the desk card.

3. Cue it in the moment

Point to the strip instead of adding more words. Give two choices for PICK. Praise the process: "You stopped and thought about it. Nice pick!"

What's in this pack

- **Full-page poster:** classroom, therapy room or fridge
- **Low-ink poster:** same poster, white background
- **2 desk cards:** cut on the line, laminate, tape to a desk.
Breathe in, breathe out, count to 10.
- **6 strips:** each with breathe in and breathe out buttons.
Cut apart and place them around the child's world
- **Breathe Like Me:** smell the flower, blow the pinwheel, 5 practice breaths

Where to put the strips

Desk · light switch · bathroom mirror · bedroom door
· lunch box · backpack tag · car seat · fridge · tablet case · cubby. Put them where the tricky moments happen.

Want more visuals, songs and therapy-ready printables?

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Breathe Like Me

Smell the flower · Blow the pinwheel



Smell the flower

Breathe **IN** through your nose

- 1 Hold your flower up close.
- 2 Smell it slowly: 1, 2, 3, 4.
- 3 Feel your belly fill up like a balloon.

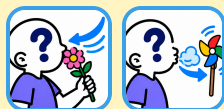


Blow the pinwheel

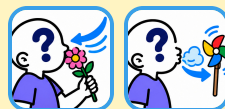
Breathe **OUT** through your mouth

- 1 Make your lips small like an O.
- 2 Blow slowly: 1, 2, 3, 4, 5, 6.
- 3 Watch the pinwheel spin and your body get calm.

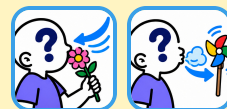
Do 5 breaths.
Color a circle each
time.



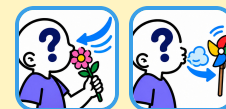
1



2



3



4



5



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