

MY QUESTION KEY

Questions are a great way to learn new things! Sometimes our brain comes up with so many questions that it makes it hard for us to do our daily tasks.

Regulating our behavior is a fancy way to say putting on the brakes when our body is moving before our brain. Practice regulating your body using the Question Key!

When you have a question:

1. Take 4 belly breaths. Trace the 4 mountains with your finger, breathing in as you trace up, and breathing out as you trace down.
2. Think of one way to solve the problem and write it down.
3. If you are still stuck, wait for someone to help.
- 4.

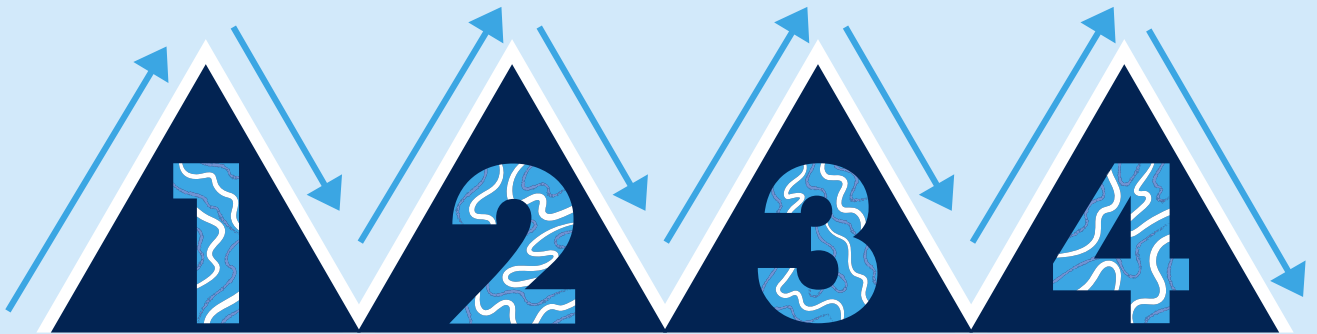
Tip - laminate this sheet or use a protective sleeve and use a white board marker.

QUESTION KEY

WHEN I GET STUCK OR HAVE A QUESTION,
I WILL FIRST:



PAUSE AND TAKE 4 BELLY BREATHS



BRAINSTORM 1 SOLUTION



IF I STILL NEED HELP, I WILL RAISE
MY HAND AND WAIT QUIETLY.