



## Worksheet #1 (Fred F.)

Follow the instructions below when you are having a hard time sitting still (use Fred F. as an example).

1. Take three deep breaths. Place a check below when you are done.



2. Write down three activities you can do while sitting down.

- a. draw
- b. read
- c. play cards

3. Practice doing one of the activities from question #2.

4. Hurray for staying seated! Draw a happy face below.



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