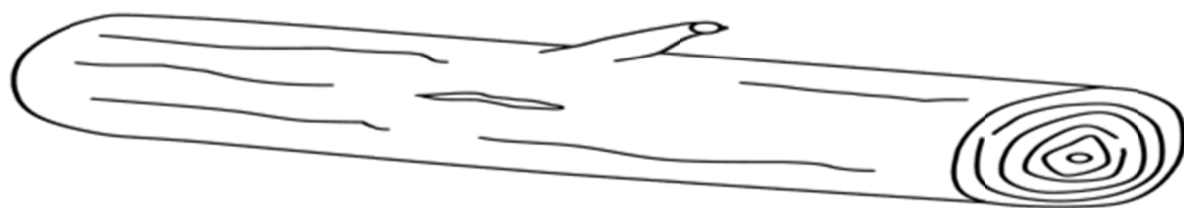
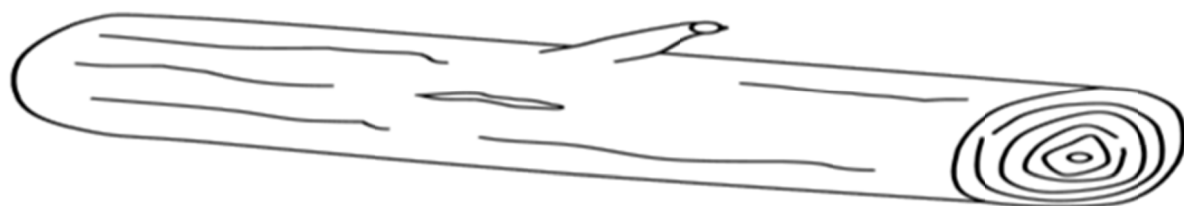
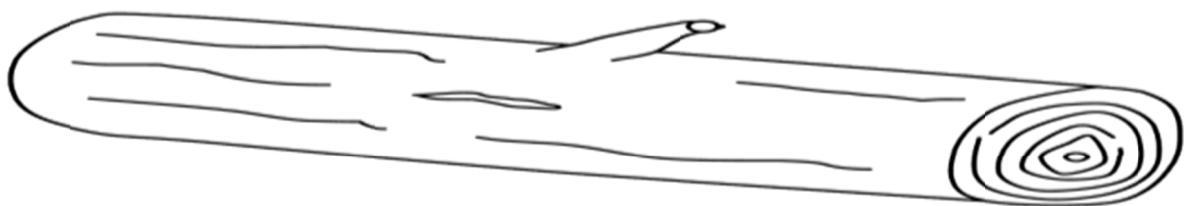


Sticks to use with Snappy. Write a strategy to help with self control on each stick and display them next to Snappy on the wall.



Some examples of "Self Control Strategies" to write on the sticks are:

- | | |
|----------------------------|---------------------|
| Mindful Breathing | Sit on your hands |
| Count to 3 | Stop, think, say/go |
| Close your eyes | Take a break |
| Talk to an adult or friend | Walk away |