

Name: _____

It Bugs Me but I Breathe for 3

Step 1 Breathe: Take 3 small breaths

Step 2 Think: Think of a Plan

Step 3 Do: Do the plan

Using the 3-step technique in the “Breathe Think Do” app by Sesame Street, think of things that get YOU upset. Come up with 3 ideas that you can do to help in that situation.

What Bugs Me	Idea #1	Idea #2	Idea #3



Now, go back to your ideas. Circle the one **you like best.**

Remember: Breathe, Think, Do!