



TERMS OF USE



This resource is **copyright ©ELSA Support**

All free products on this site are subject to a **Creative Commons copyright licence**. You are free to copy, distribute, display, and perform the work under the following conditions:

Attribution: You must give the original author credit (**That is ©ELSA Support**)

Non-Commercial: You may **not** use this work for commercial purposes (**You cannot sell this work or use it for financial gain**)

No Derivative Works: You may **not** alter, transform, or build upon this work (**You must not change our work in anyway**)

**Thank you for abiding by
copyright law.**



www.elsa-support.co.uk



Some of the clipart used in making this resource is licensed to us from the following:





Other resources you will LOVE!



Please click the image to take you to this related and relevant resource:



www.elsa-support.co.uk



Calming strategies bookmarks

One of the suggestions from one of you lovely members was some bookmarks for writing or drawing 'calming strategies' on. So here are some bookmarks for you all!

Lots of ideas come from our Facebook group. Do join us on Facebook if you haven't already joined.

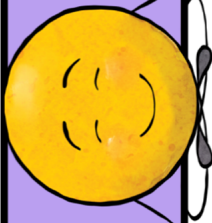
Just click here to take you there [FACEBOOK HEALTH AND WELLBEING GROUP](#) It is where all the very best ideas are shared and the most amazing support.

Also do join me on [Instagram](#) for sneak previews of resources I am making.

You can print these on strong card, don't laminate! The pupil can then colour a star each time they hit their remembered to use one of their strategies.

Enjoy!

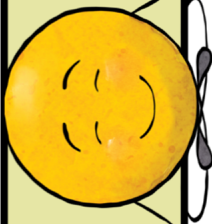
♡ Debbie ♡ xx



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

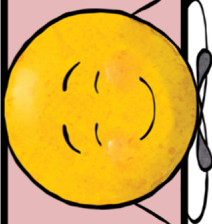
© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

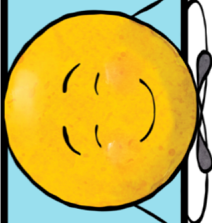
© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

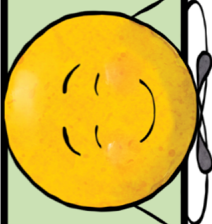
© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

© Elsa-Support 2020



Gallaf ymdawelu wrth...

fe wnes i lwyddo ★ ★ ★

© Elsa-Support 2020