

Model and practice positive self-talk to work on executive functioning skills.

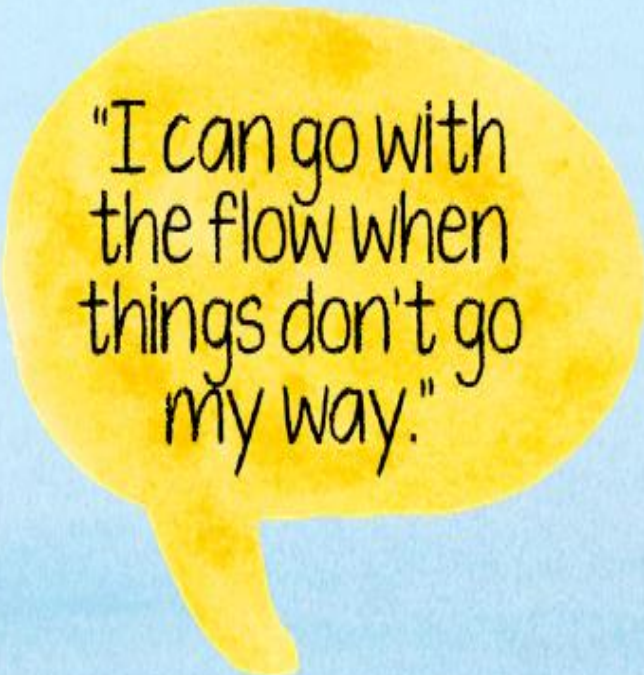
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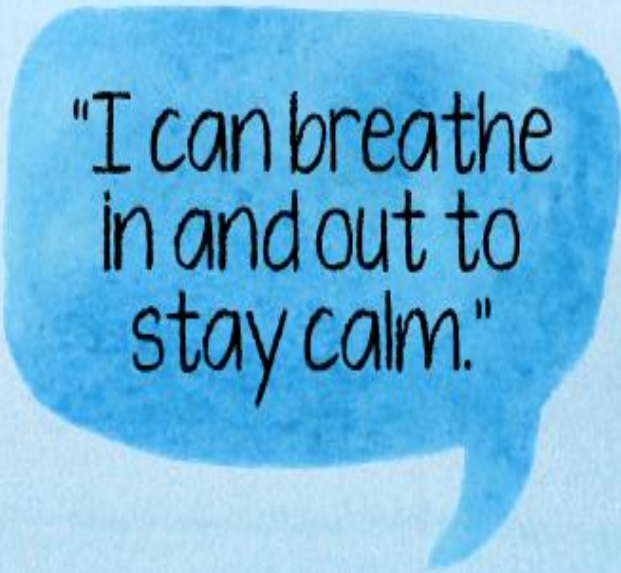
"I am in control of my choices."



"I can think and make a plan before starting."



"I can go with the flow when things don't go my way."



"I can breathe in and out to stay calm."