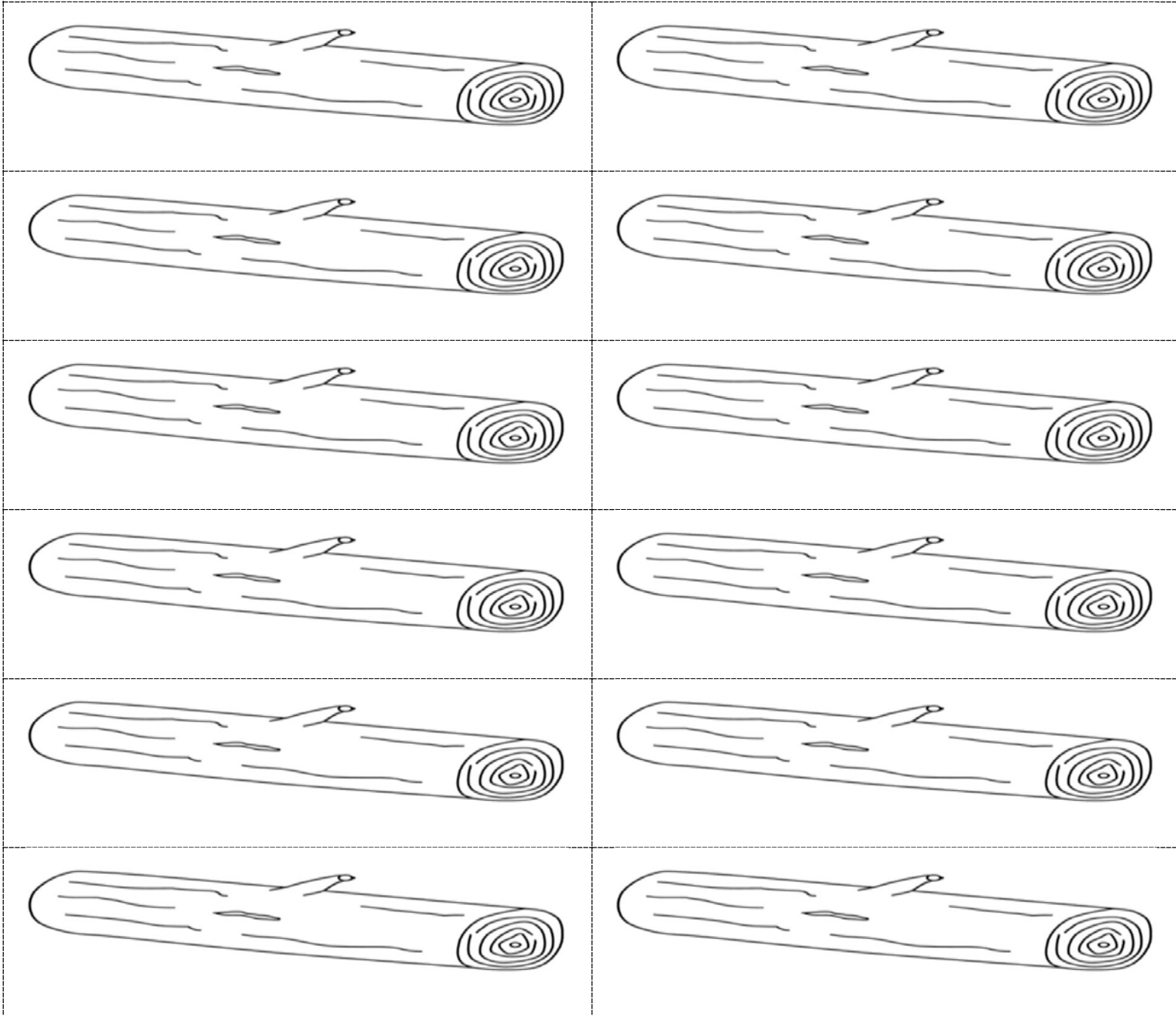


Sticks to use with Snappy.

Write a strategy on a stick, then cut out and place on wall next to your Snappy to help with your self-control.



Everyday examples of "Self-Control Strategies" to write on sticks	Help Stop the Spread of Covid-19 examples of "Self-Control Strategies" to write on sticks
<input type="checkbox"/> Meditative Moments	<input type="checkbox"/> Wash your hands for 20 seconds
<input type="checkbox"/> Mindful Breathing	<input type="checkbox"/> Don't touch your face
<input type="checkbox"/> Count to 3	<input type="checkbox"/> Keep surfaces clean
<input type="checkbox"/> Close your eyes	<input type="checkbox"/> Wear a mask if you go out
<input type="checkbox"/> Talk to an adult or friend	<input type="checkbox"/> Stay home
<input type="checkbox"/> Sit on your hands	<input type="checkbox"/> Cover your cough or sneeze with a tissue
<input type="checkbox"/> Stop, think, say/go	<input type="checkbox"/> Use hand sanitizer when you don't have access to soap and water.
<input type="checkbox"/> Walk away	
<input type="checkbox"/> Take a break	