

I CAN FEEL CALM



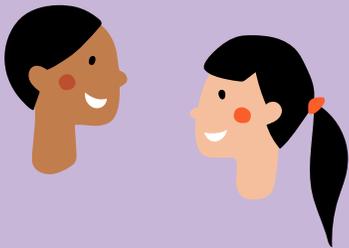
STRETCH MY
BODY



SLOWLY
COUNT TO 10



TAKE 3 DEEP
BREATHS



TALK TO
SOMEONE



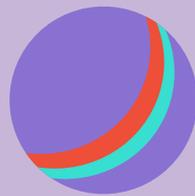
DO A SILLY
DANCE



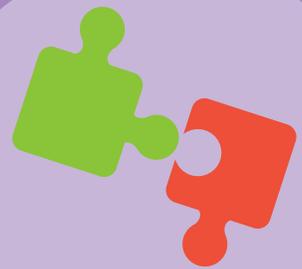
I CAN FEEL CALM



READ A BOOK



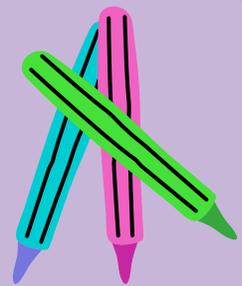
SQUEEZE A BALL



DO A PUZZLE



HUG A TOY



DRAW