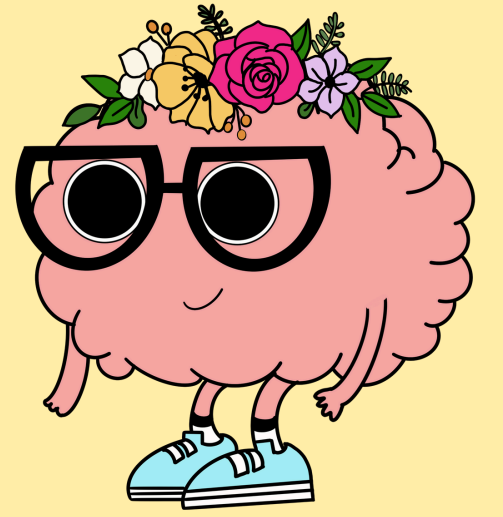


# Things I can do when I need to

# CALM DOWN



NAME MY FEELINGS



DEEP BREATHING



LISTEN TO MUSIC



IMAGINE A QUIET PLACE



DO YOGA



BUILD SOMETHING



RUN



ASK FOR A HUG



PAINT



DRINK WATER



SMELL MY FAVOURITE SCENT



SQUEEZE SOMETHING



BLOW BUBBLES

100

99

98

COUNT BACKWARDS



HUG A TOY