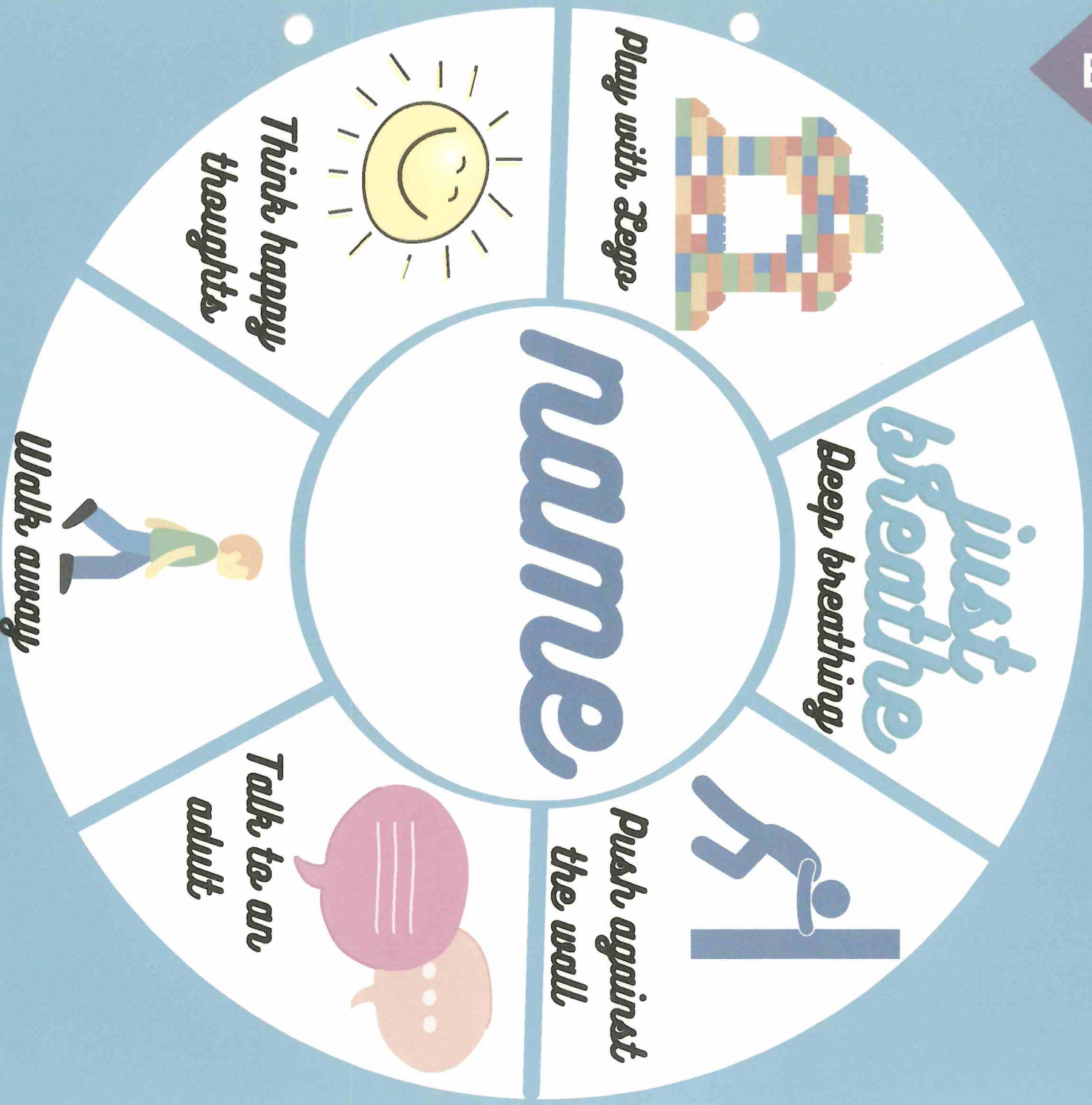


EXAMPLE

Calming Strategies



Calming Strategies

EXAMPLE



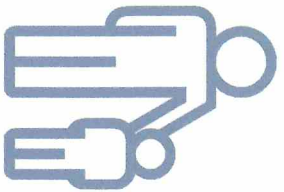
Go for a walk



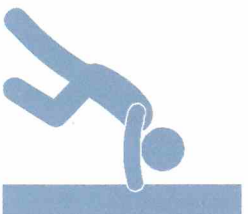
Ask for help



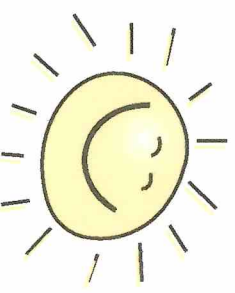
Dance party



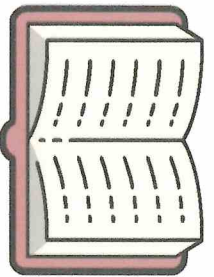
Talk to an adult



Wall pushups



Think happy thoughts



Go for a walk



Walk away



Rainbow
breathing