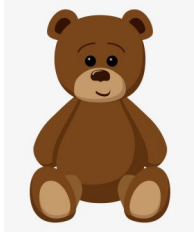


# If I need to feel calm, I can...

Squeeze  
a pillow



Clap my hands to-  
gether as  
hard as I



Think of a happy  
place



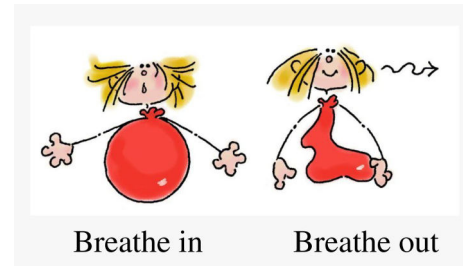
Clench my  
fists,  
pre-



Blow bub-



Push against a wall



Run my hands  
under cold water

Balloon breath-

Count back  
from

100, 97, 94...



Stretch my body