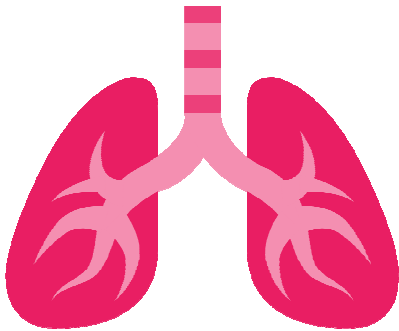
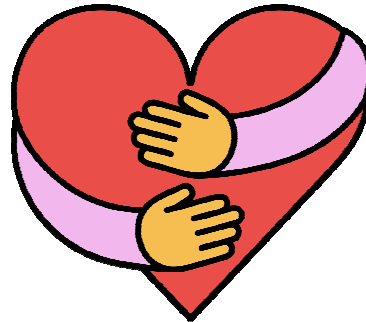


Calming Techniques

TAKE DEEP BREATHS



ASK FOR A HUG



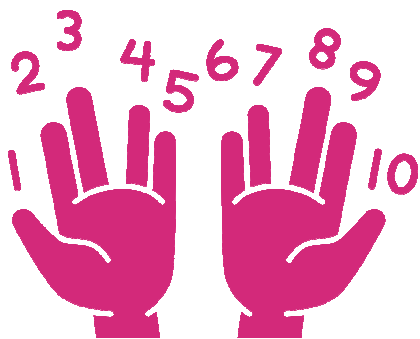
COLOR OR DRAW



LISTEN TO MUSIC



COUNT TO TEN



STRETCH

