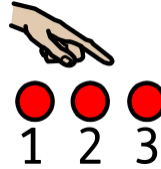




drawing



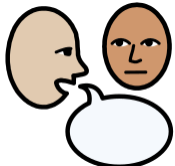
school
hug



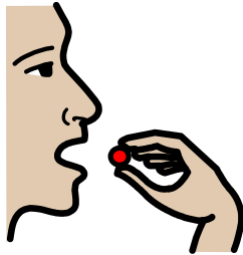
count to
10



quiet time



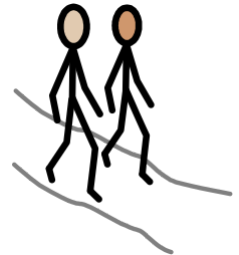
talk to a
friend



snack



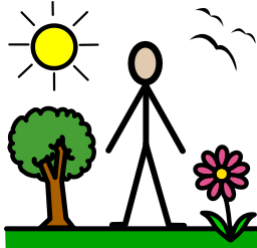
drink



walk



talk to an
adult



outside



'I can do
this!'



climb



read a
book



sensory
toy



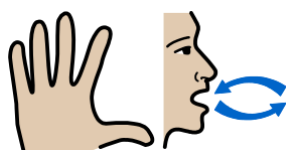
ear
defenders



relax



jumping
jacks



hand
breathing



help
others



lazy 8
breathing