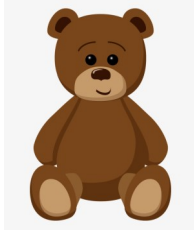


# If I need to feel calm, I can...

Squeeze  
a pillow  
or teddy



Clap my hands together  
as hard as I  
can



Think of a happy place  
or memory



Clench my fists,  
pretending to  
squeeze a  
lemon



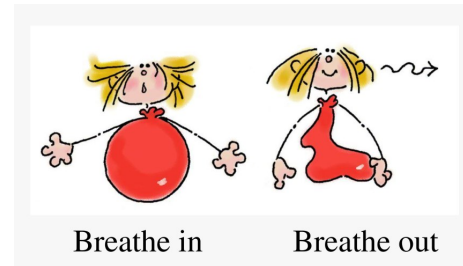
Blow bubbles



Push against a wall



Run my hands  
under cold water



Balloon breathing

Count back from  
100 in 3's

100, 97, 94...



Stretch my body