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<p>belly breathing</p> 	<p>build</p> 	<p>draw</p> 	<p>bean bag chair</p> 	<p>size of the problem</p> 	<p>inner coach</p> 	<p>snack</p> 	<p>quiet</p> 
<p>Progressive Muscle Relaxation</p> 	<p>calm down routine</p> 	<p>Play-Doh</p> 	<p>puzzle</p> 	<p>arm bands</p> 	<p>read to me</p> 	<p>library</p> 	
<p>smell bottles</p> 	<p>fidget tools</p> 	<p>pressure points</p> 	<p>hand squeeze</p> 	<p>flexible thinking</p> 	<p>have a rest</p> 	<p>drink</p> 	
<p>carry</p> 	<p>run/walk</p> 	<p>Body Break Room</p> 	<p>run</p> 	<p>6 Sides of Breathing</p> 	<p>head on desk</p> 	<p>sweep</p> 	
<p>walk</p> 	<p>jumping jacks</p> 	<p>Lazy 8 Breathing</p> 	<p>chair push-ups</p> 	<p>chair band</p> 	<p>wipe</p> 	<p>look out window</p> 	
<p>arm pull</p> 	<p>tent</p> 	<p>stretch</p> 	<p>talk to an adult</p> 				
<p>water fountain</p> 	<p>return book</p> 	<p>office errand</p> 	<p>exercise bike</p> 