

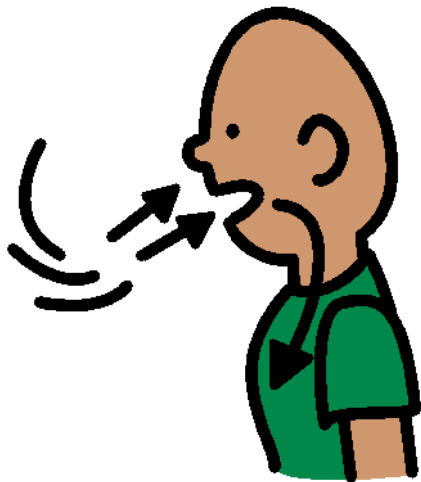
read



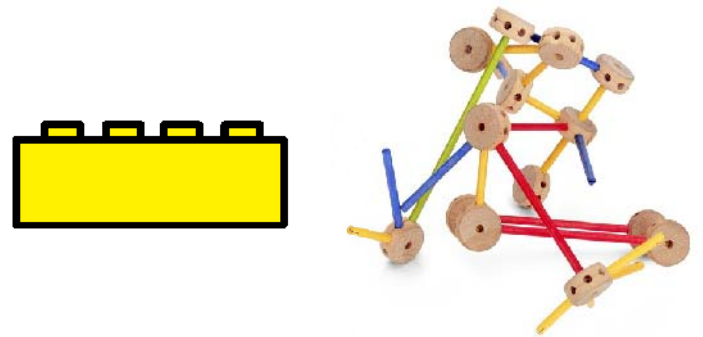
knee hug



belly breathing



build



hug self



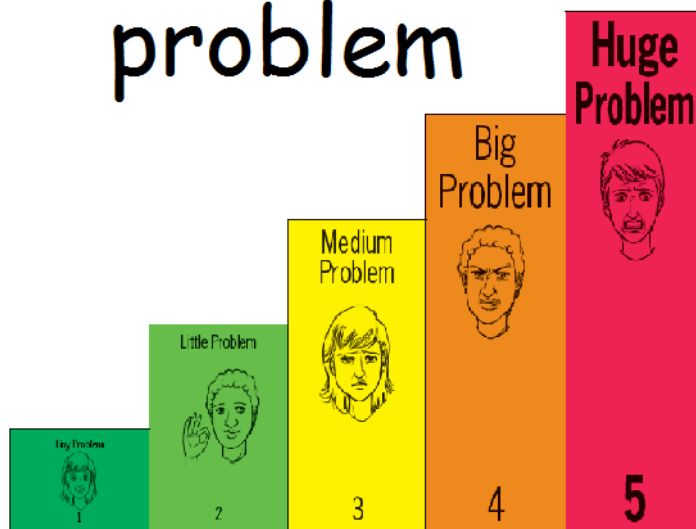
listen
to music



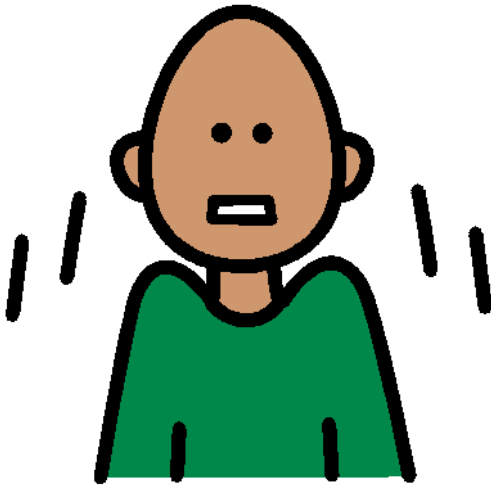
draw



size of the
problem



Progressive Muscle Relaxation



calm down routine

Calm Down

pause



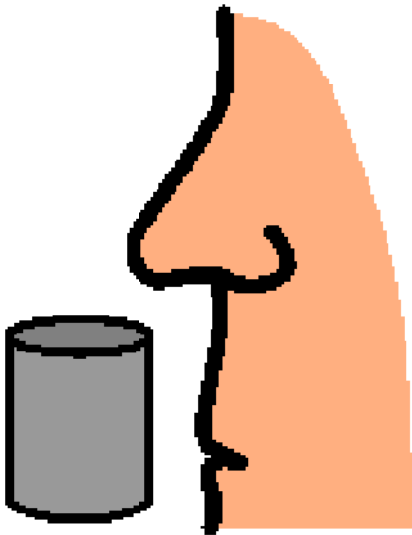
hand squeeze



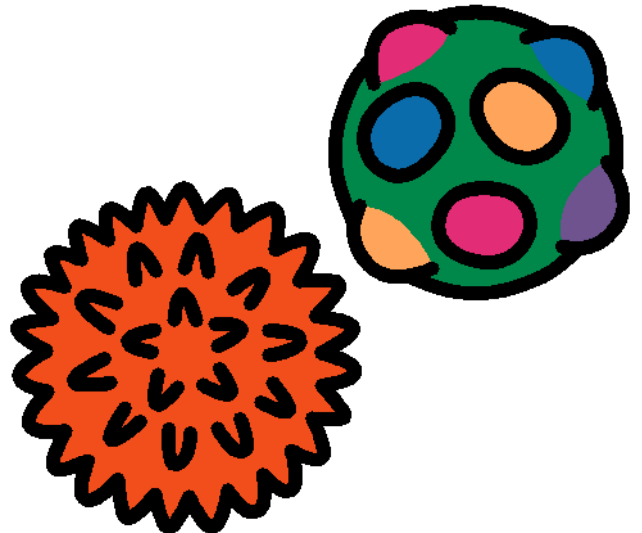
5 belly breaths



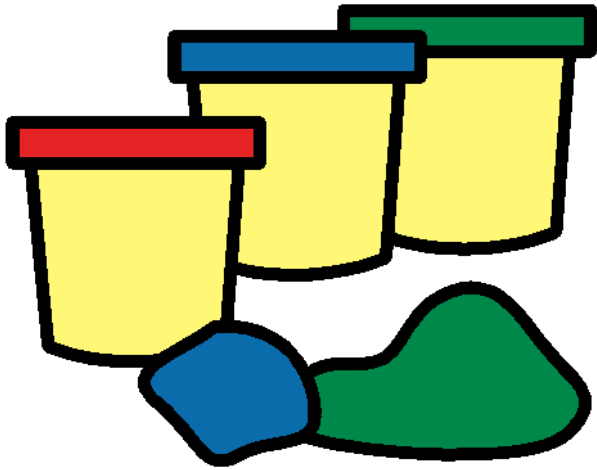
smell bottles



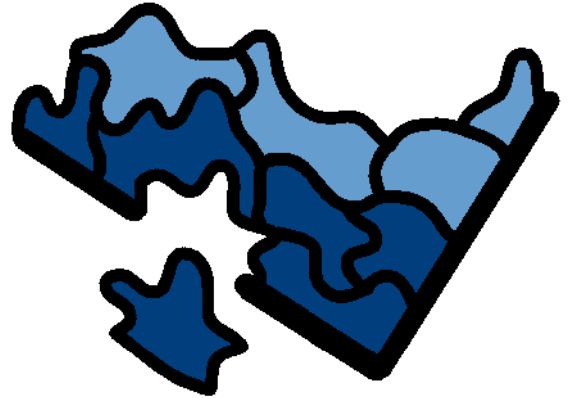
fidget tools



Play-Doh



puzzle



pressure points



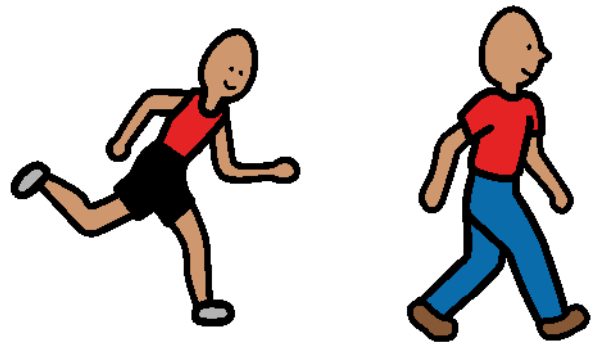
hand squeeze



carry



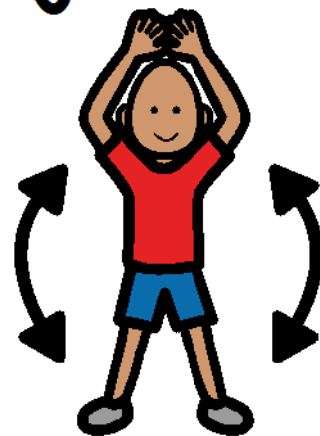
run/walk



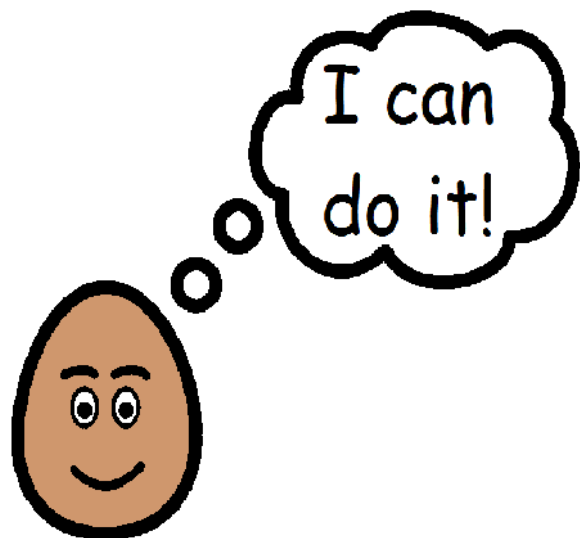
walk



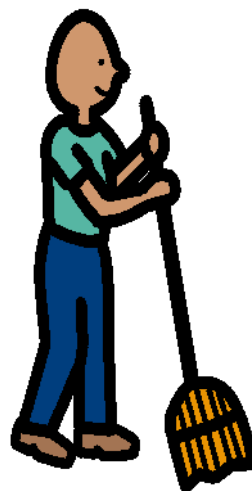
jumping
jacks



inner coach



sweep



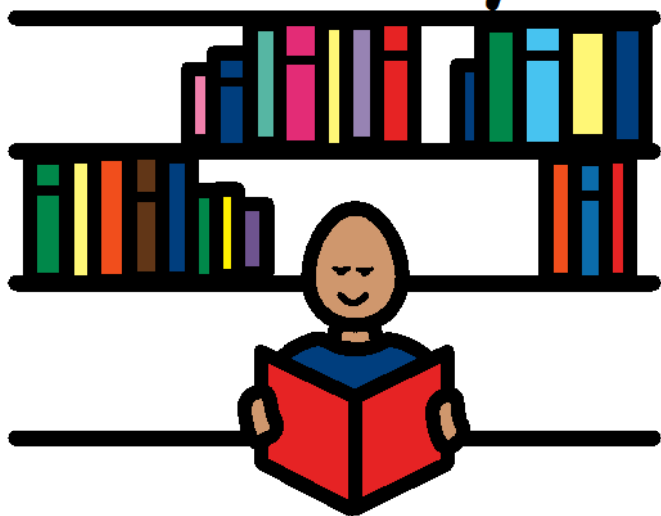
play



read to me



library



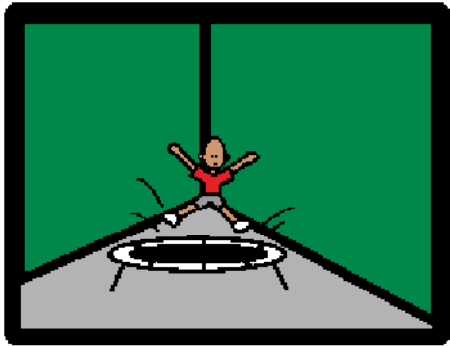
wipe



Body Break



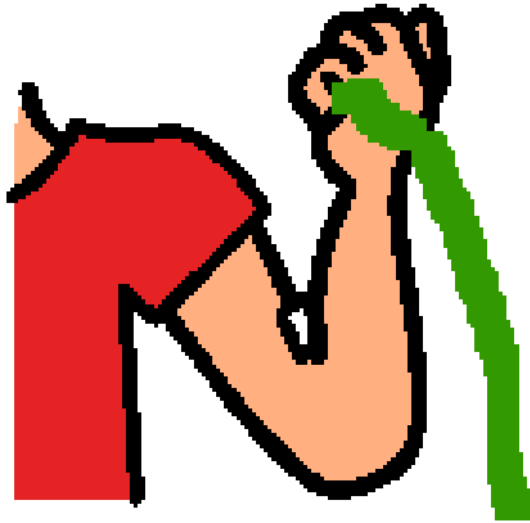
Room



run

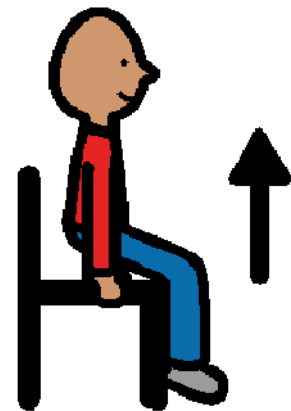


arm bands

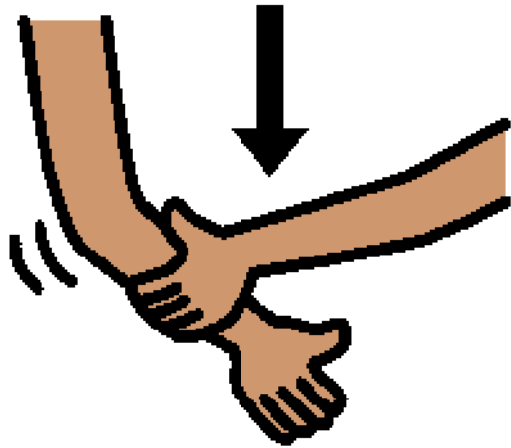


chair

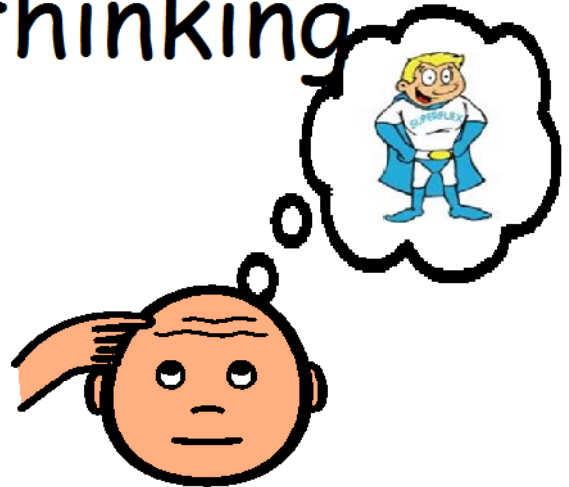
push-ups



arm pull



flexible
thinking



water
fountain



return book



stretch



tent

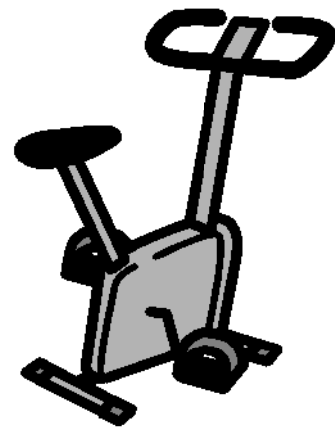


office
errand

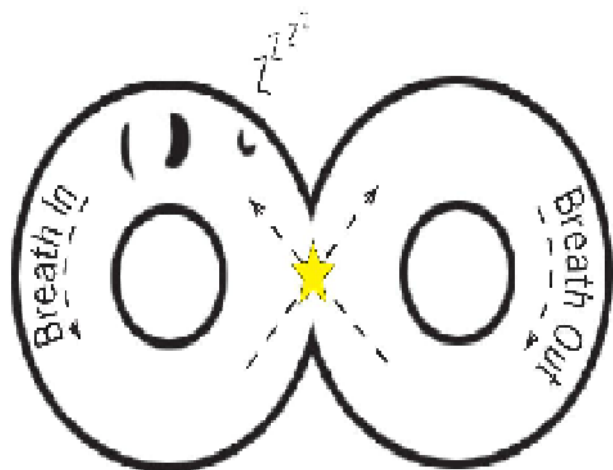


exercise

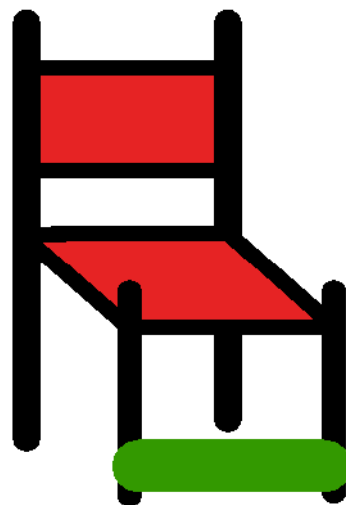
bike



Lazy 8 Breathing



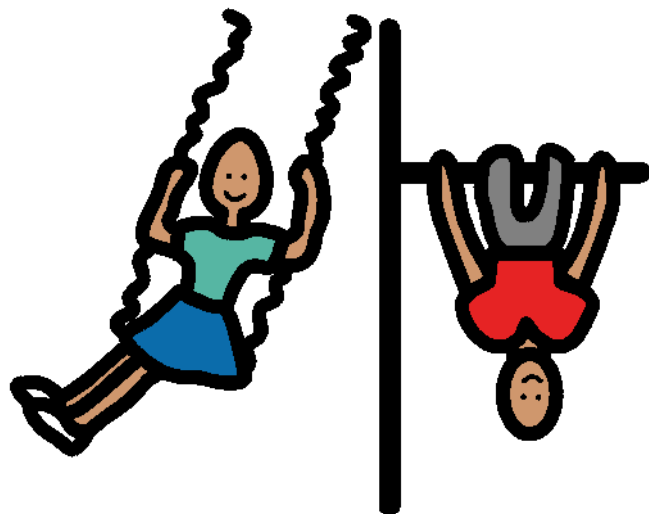
chair band



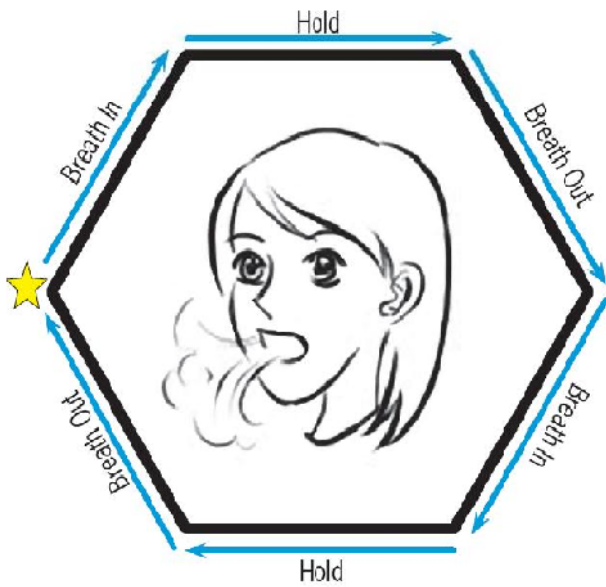
bean bag chair



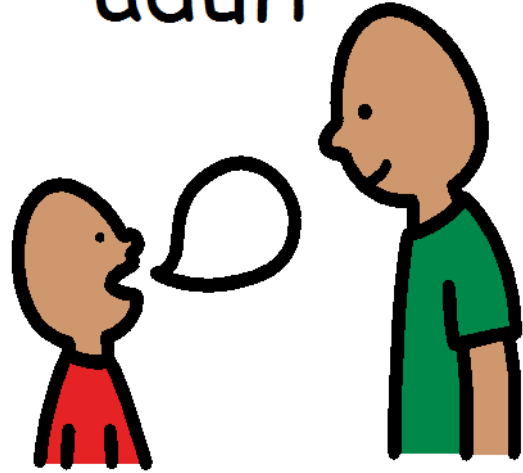
playground



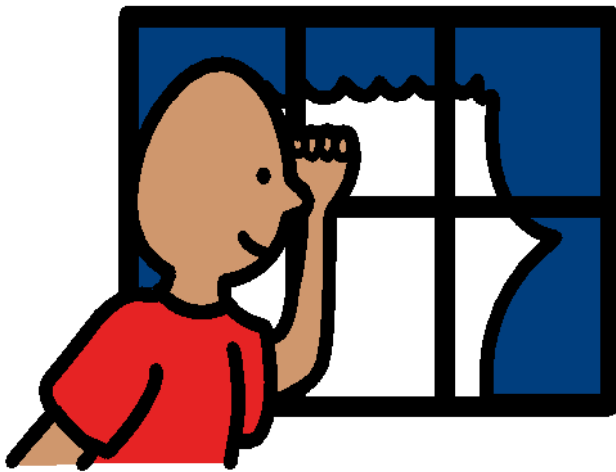
6 Sides of Breathing



talk to an adult



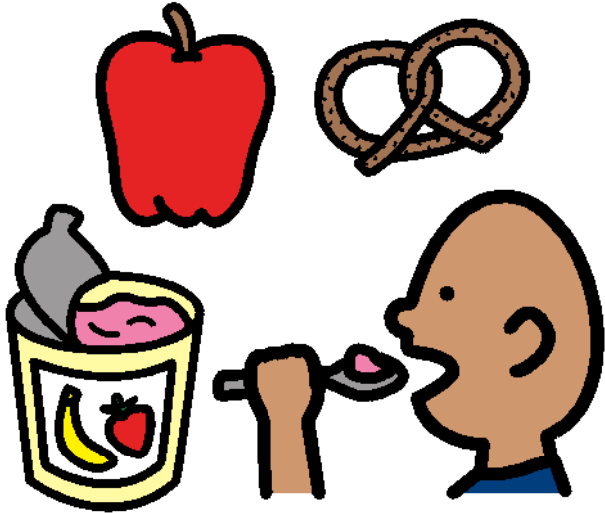
look out window



ask for help



snack



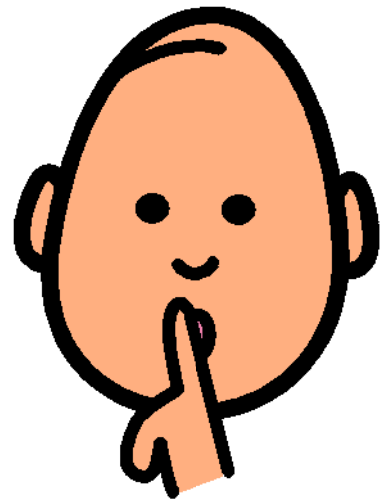
ball play



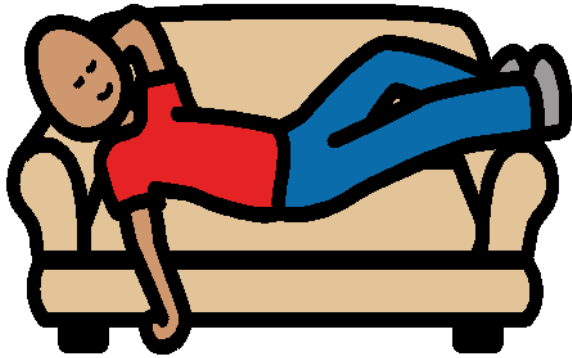
drink



quiet



have a rest



put head on desk

