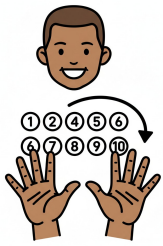


Calm down – my calm routine



How are you?



Count to 10



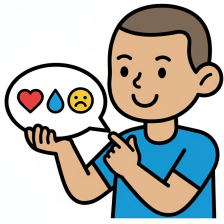
Meditation



Drink water



Calm Activity



Talk about feelings



Hug parents