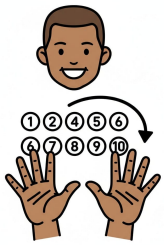
Roe seg ned – min rolige stund

Hvordan har du det?



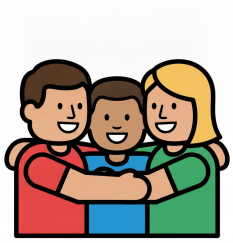
Telle til 10

Meditasjon

Drikke vann

Rolig aktivitet

Snakke om følelser



Klem foreldrene