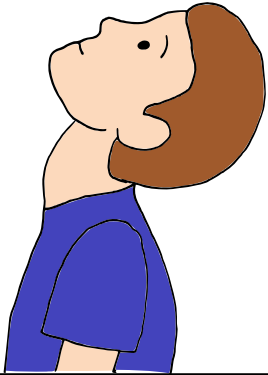


Calm Down Actions



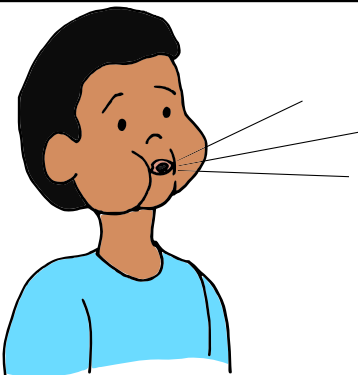
Look Up



Fold Hands



Hug Yourself

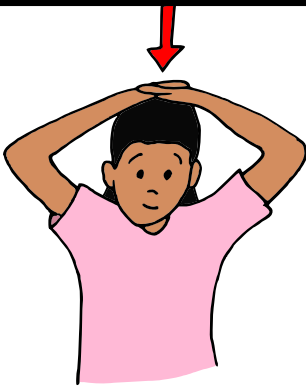


Big Breathing

Calm Down Actions



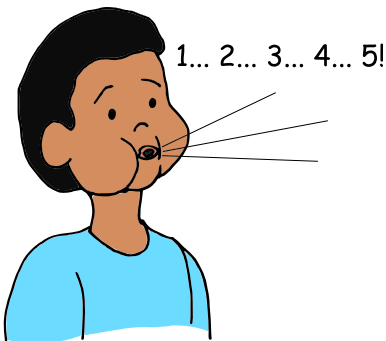
Rub Tummy



Put on a 'Hat'



Feel Your Heartbeat



Breathe and Count

Calm Down Actions



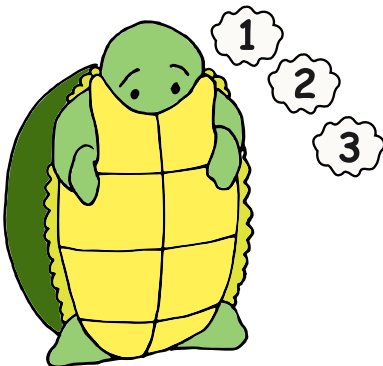
Squeeze and Relax



Cold Drink with Straw



Hug a Stuffed Toy



Turtle Tuck