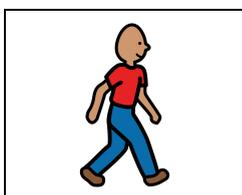
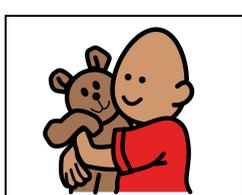


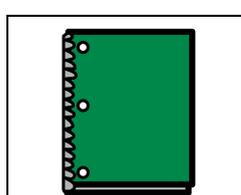
calming room



go for a walk



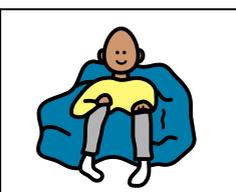
hug a stuffie



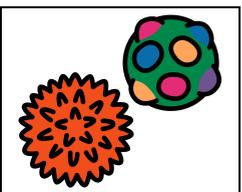
journal



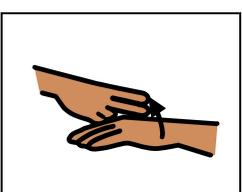
mindfulness



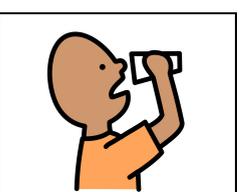
calming corner



fidget



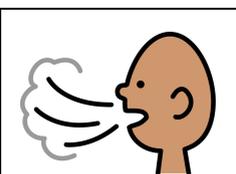
hand squeezes



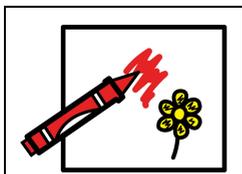
drink water



eat a snack



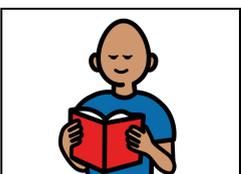
deeps breaths



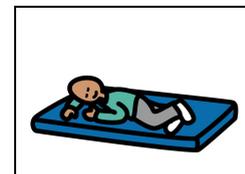
color



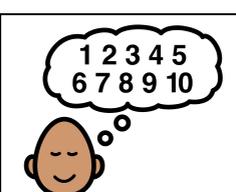
brain break



read a book



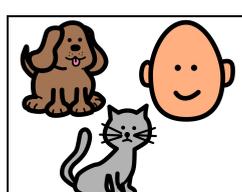
rest



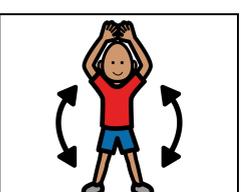
count to ten



desk break



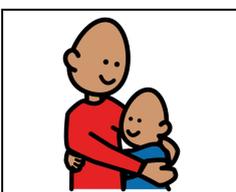
snuggle a pet



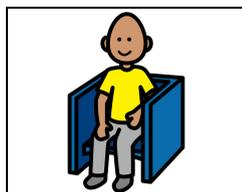
exercise



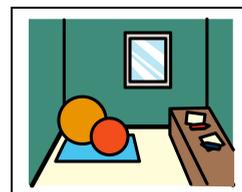
practice gratitude



snuggle



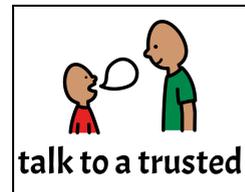
cube chair



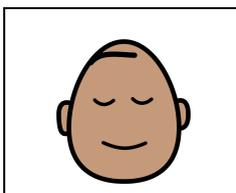
OT Room



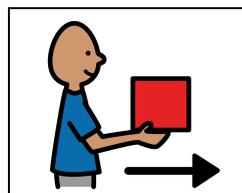
use the bathroom



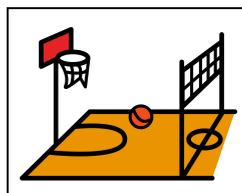
talk to a trusted adult



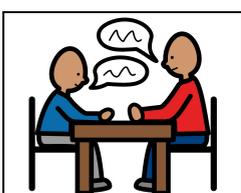
close your eyes



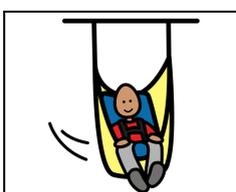
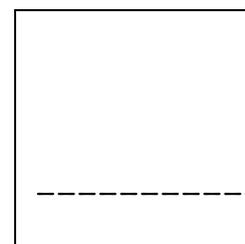
messenger



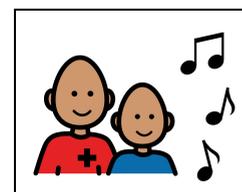
gym



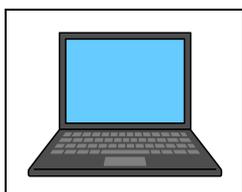
social worker



swing



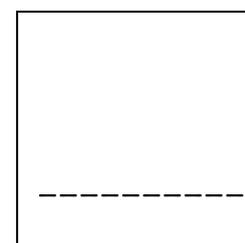
calming music



computer



tablet



I NEED A BREAK.

I NEED A BREAK.