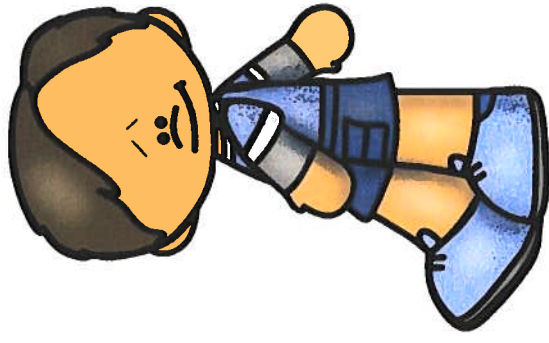
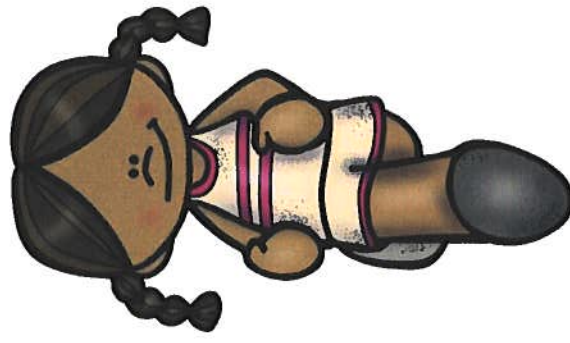


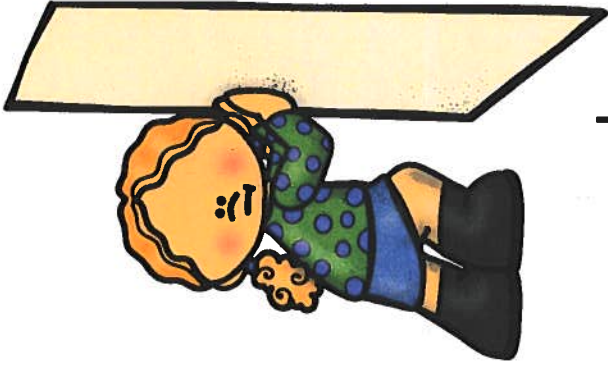
Calming Strategy Cards



walk



run



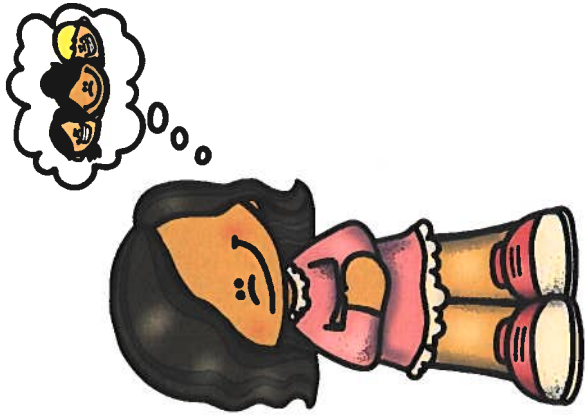
push



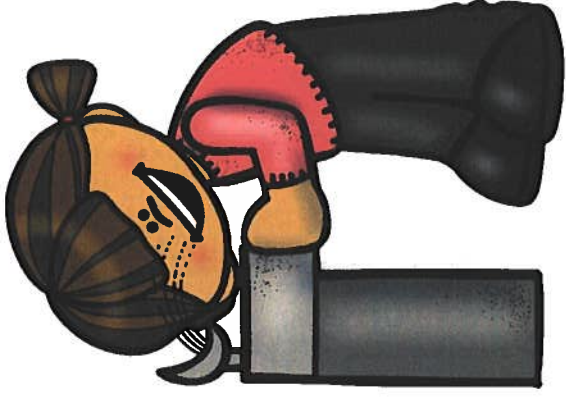
stretch



jump



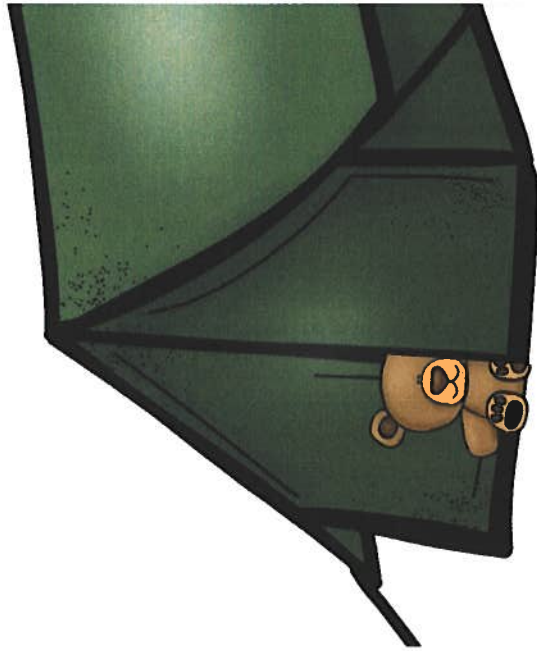
happy thoughts



drink



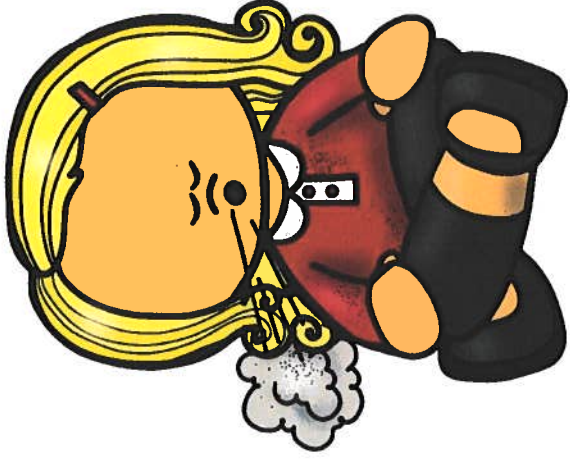
relax



quiet space



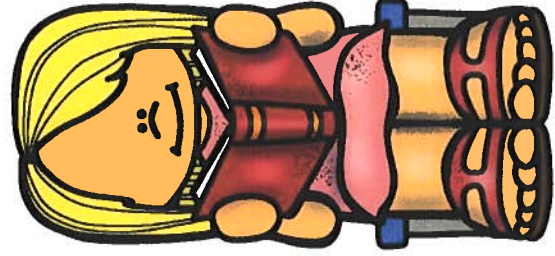
yoga



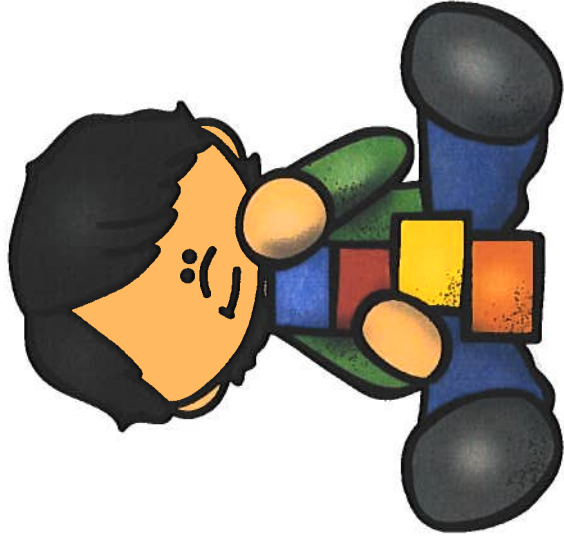
breathe



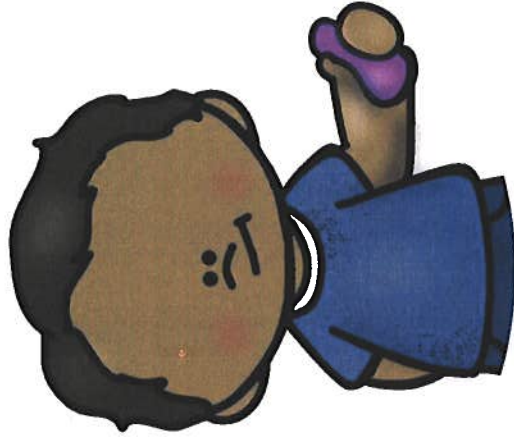
listen to music



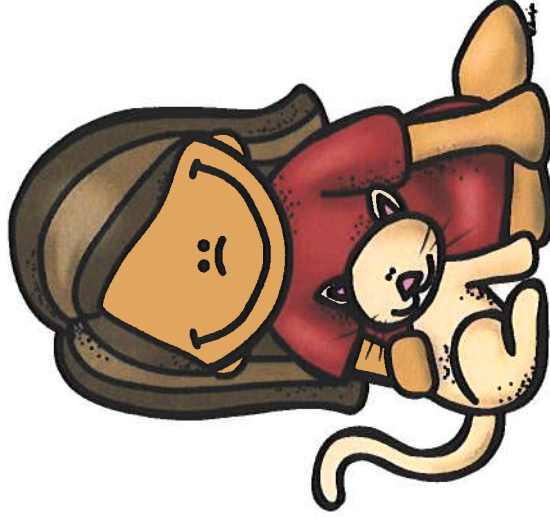
read a book



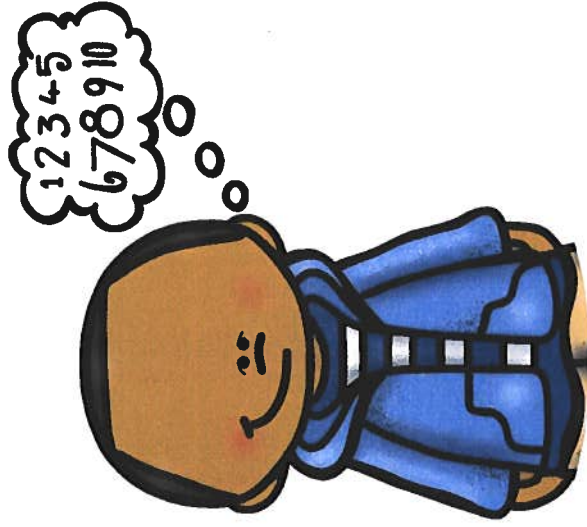
play with blocks



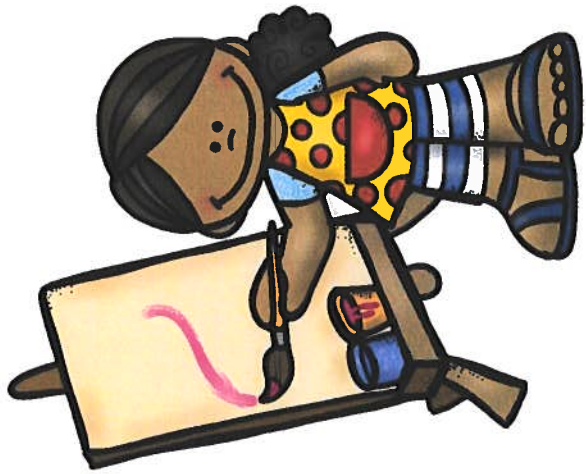
squeeze



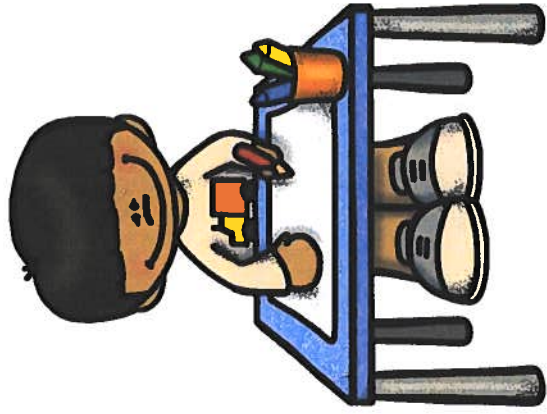
pat a pet



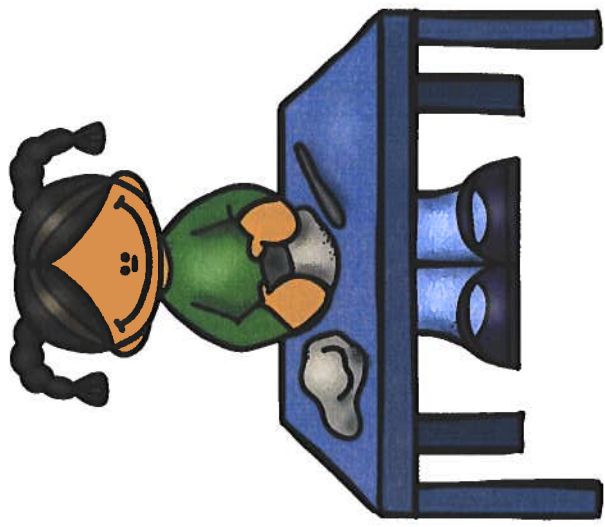
count



paint



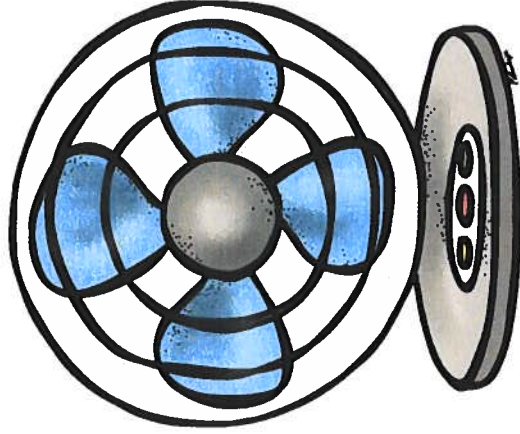
draw



play dough



hug a bear



feel a breeze



chew gum