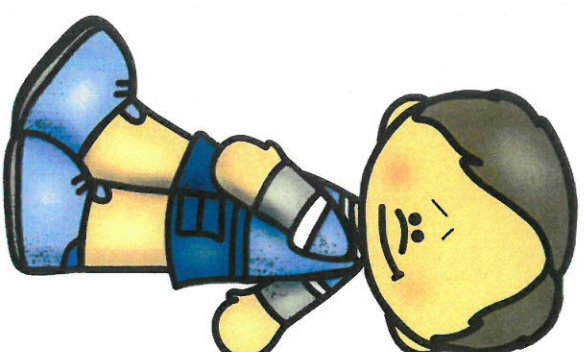


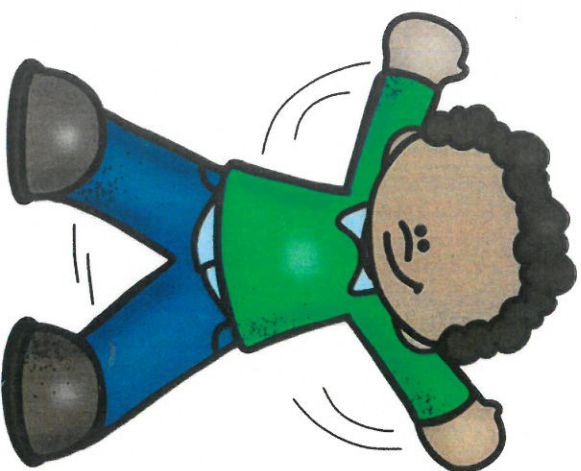
Calming Strategy Cards



push



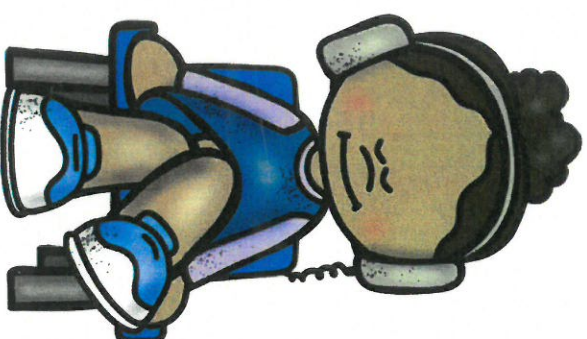
walk



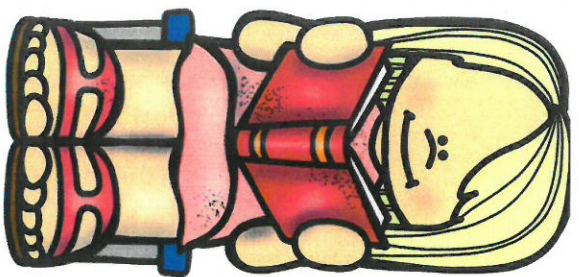
jump



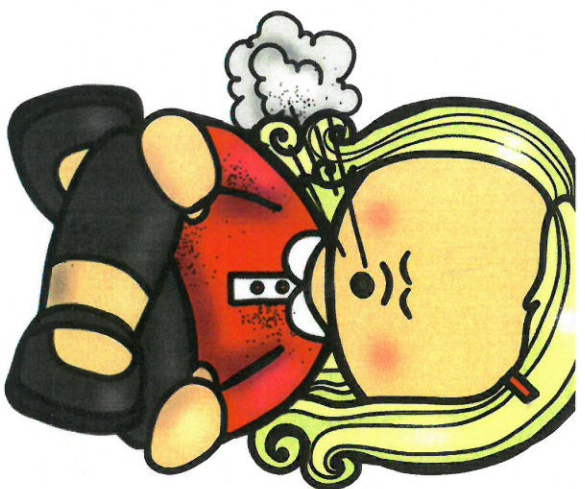
stretch



listen to music



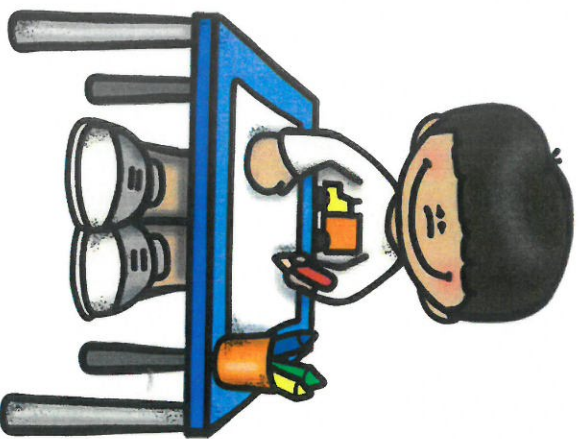
read a book



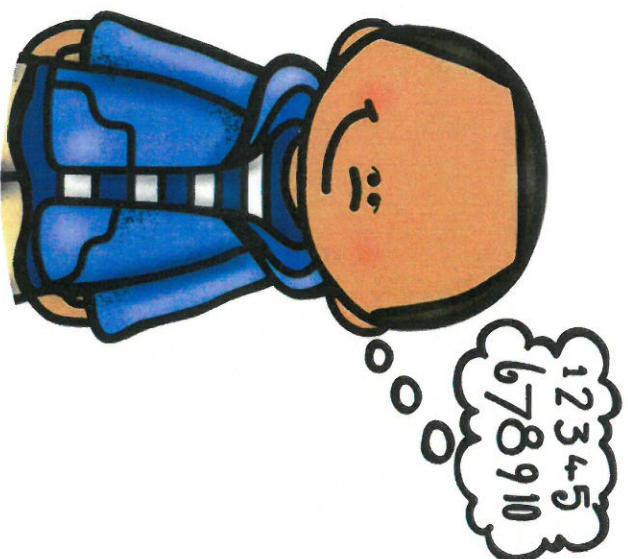
breathe



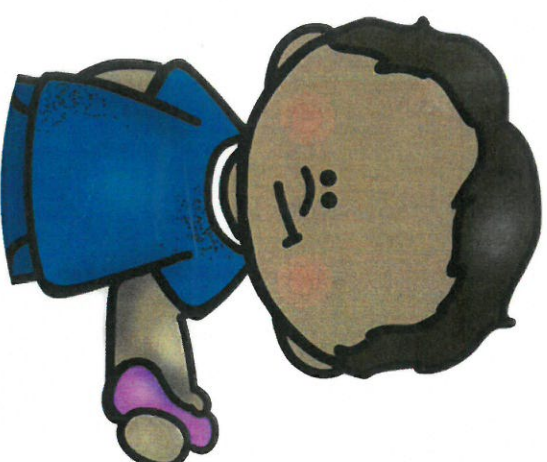
hug a bear



draw



count



squeeze