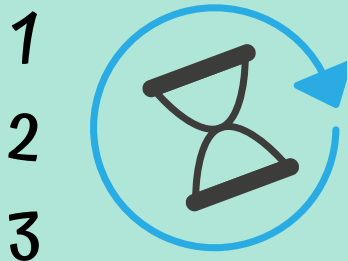
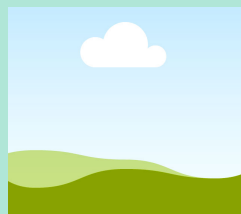


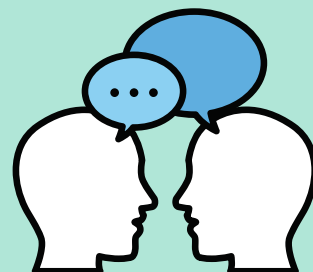
Count to 10



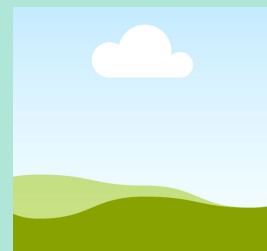
Take 5 Deep  
Breaths



Use Your Words



Ask for Help



Listen to Music



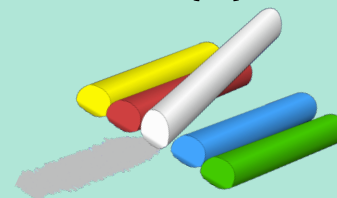
Think Before  
You Speak



Ask for space/  
a minute alone



Ask to Color/  
Draw



Ask for Hug



Cuddle a Stuffie



Do Yoga

