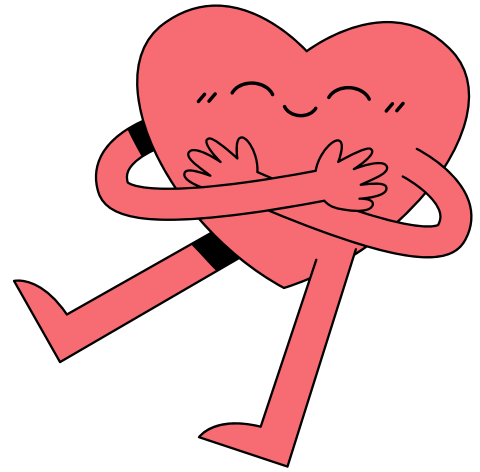


I can calm down with...



Belly Breaths

I can calm down with...



Asking for a hug

I can calm down with...



Counting fingers

I can calm down with...



taking a break

I can calm down with...



a calm body

I can calm down with...



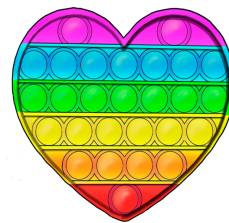
reading a book

I can calm down with...



singing a song

I can calm down with...



a sensory activity