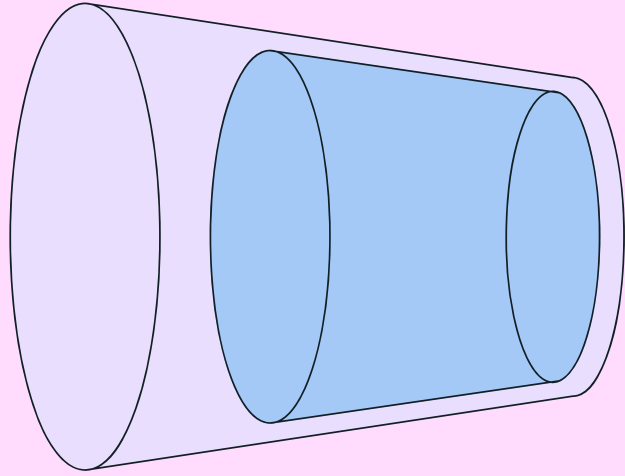


THINGS I CAN DO WHEN I NEED TO

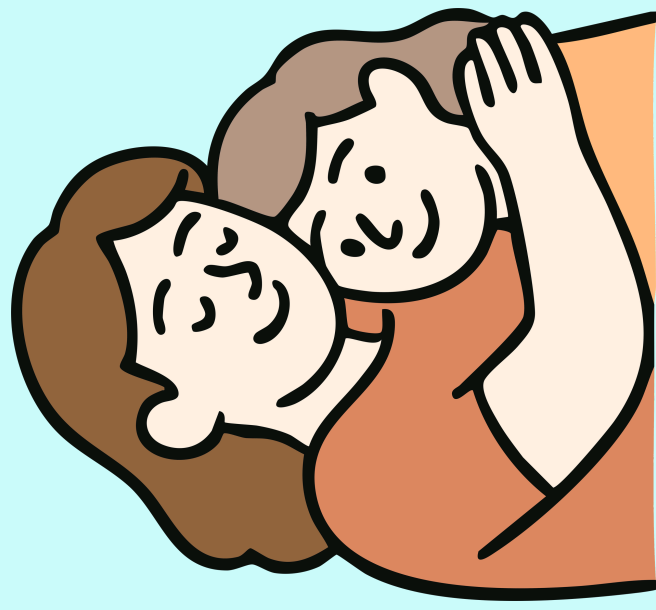
CALM DOWN



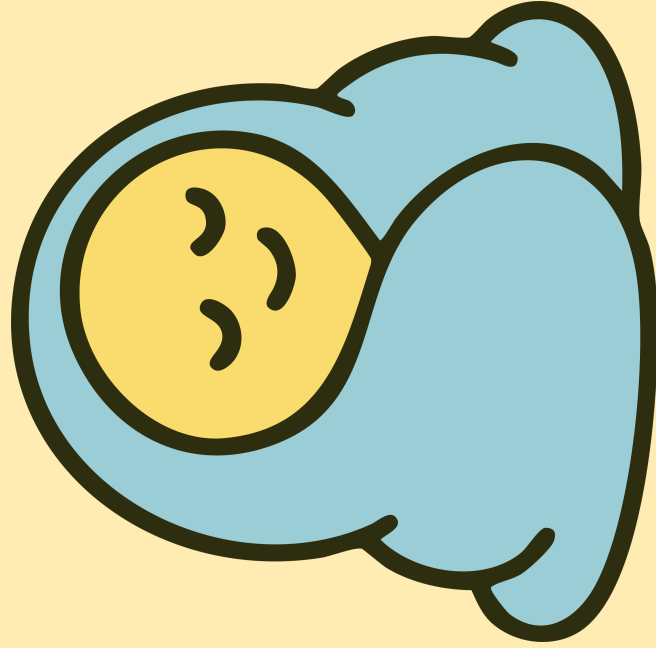
DRAGON BREATH



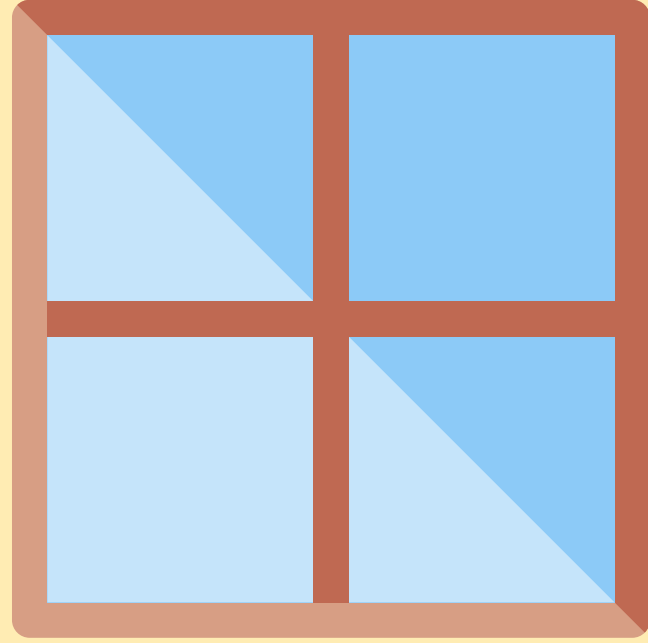
DRINK WATER



HUG



WRAP IN BLANKET



SIT BY WINDOW



HUG A TOY



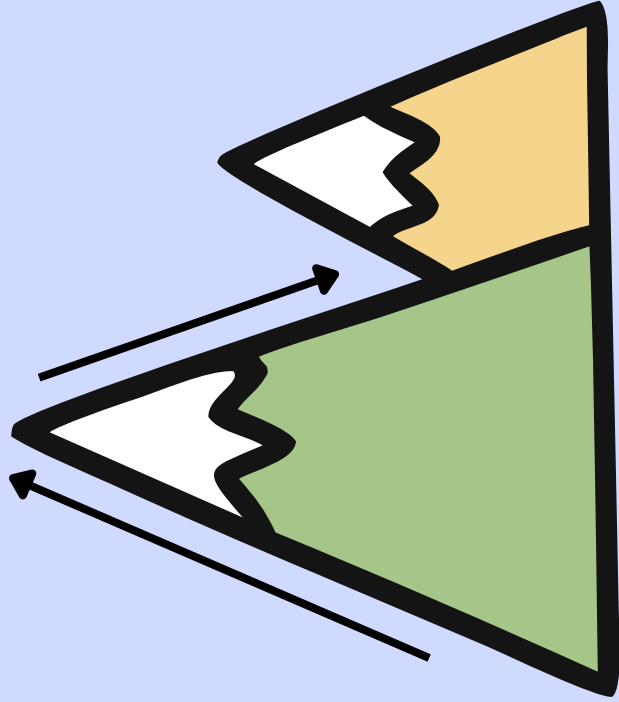
SQUEEZE A TOY



SENSORY TOY



DRAW



BREATHING BOARD



STRETCH/YOGA



PUSH A WALL



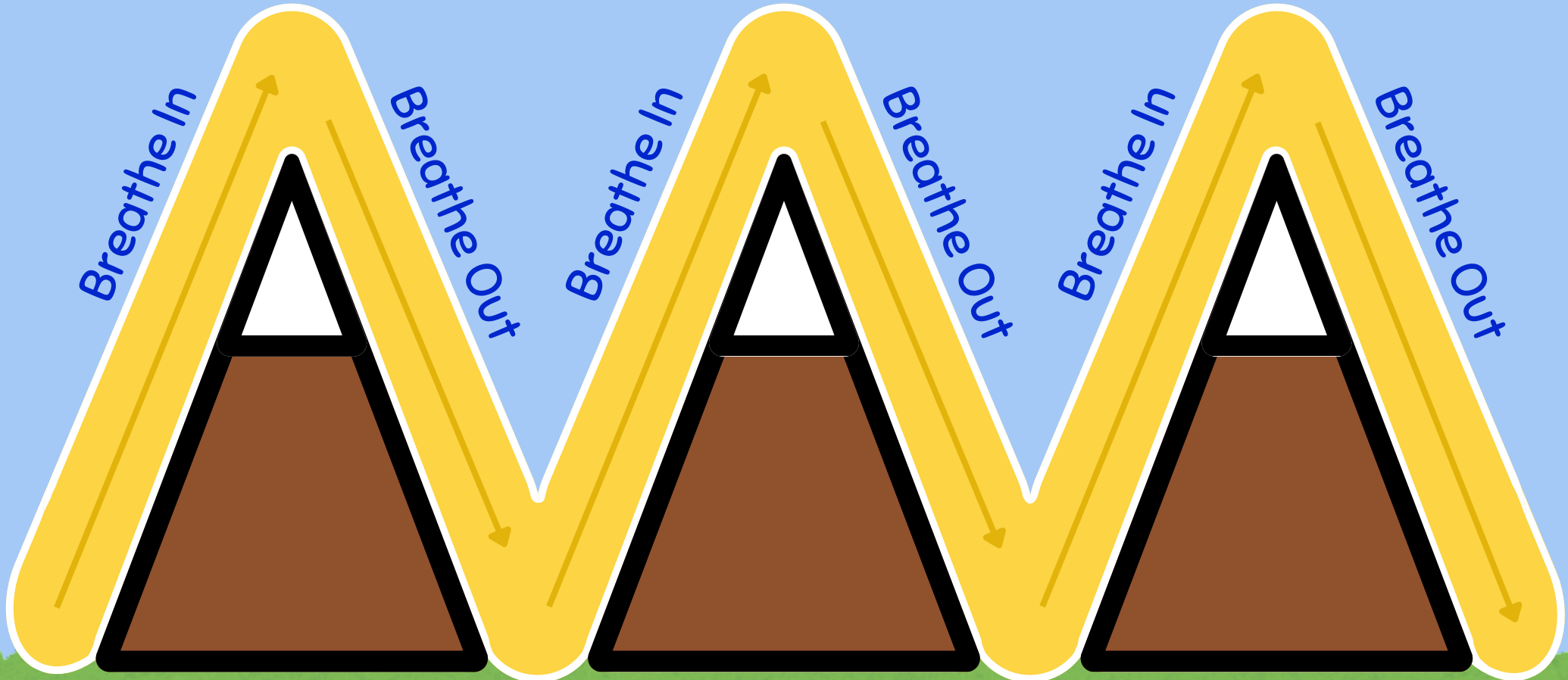
DANCE



NAME MY EMOTION



BREATHING BOARD



DRAGON BREATH



Make dragon wings with your arms.

Bring wings up as you breathe in.

Blow out fire as you breathe out and
bring your wings down.

BREATHING BOARD

