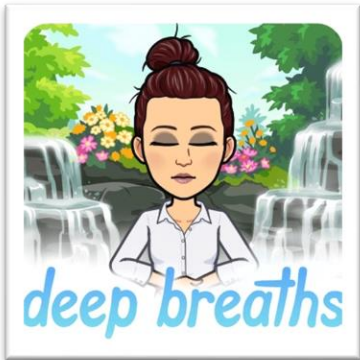


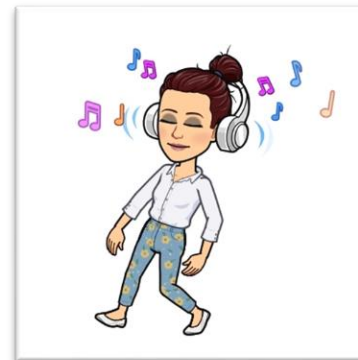
# Calming Strategies



Deep Breaths



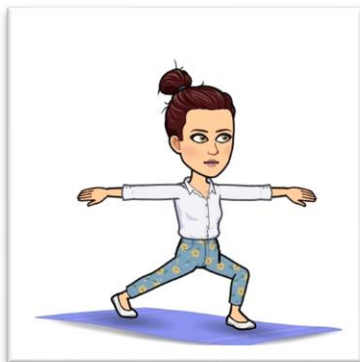
Count to 10



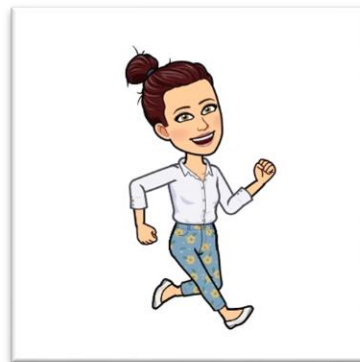
Listen to Music



Get a Drink of Water



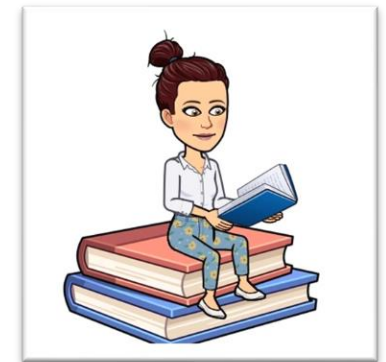
Yoga



Take a Walk



Draw a Picture



Read a Book