



take a break



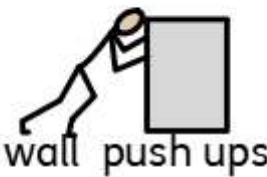
talk to an



adult



squeeze



wall push ups



get a drink



run in



playground



jump



stretch



push ups



walk



draw



rest



medical room



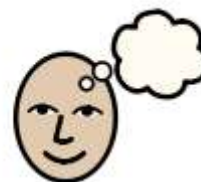
snack



rip



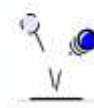
paper



happy thoughts



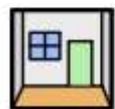
tense and release



bounce a ball



quiet



space



hug

a



toy

10

10



breaths



count

10

10



fidget



pressure