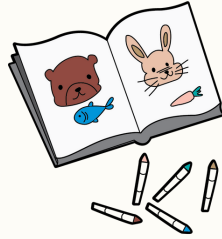


Calm Choices



take deep
breaths



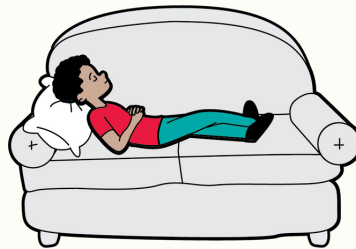
draw/color



listen to
music/dance



ask to go
on a walk



take a quiet
break alone



get some
water



play with a
sensory toy