

I CAN CALM DOWN



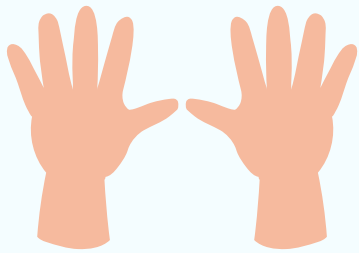
Squeeze a lovey



Drink water



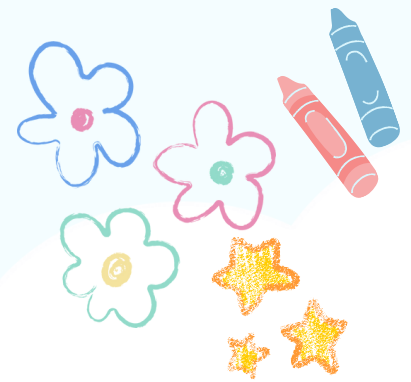
Wiggle your body



Count to 10



Use a sensory tube



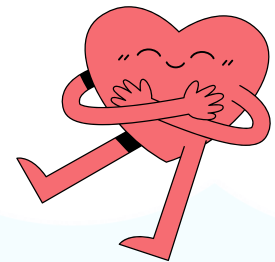
Draw



Read a book



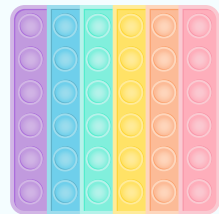
Listen to music



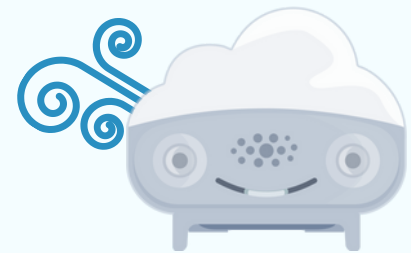
Ask for a hug



Blow a pinwheel



Use a pop fidget



Try Magic Breathing