

read



knee hug



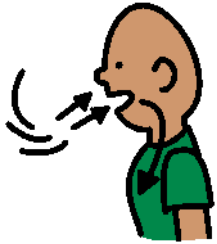
hug self



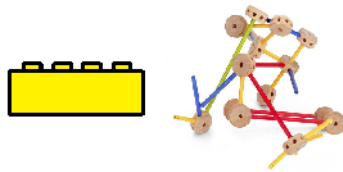
listen to music



belly breathing



build



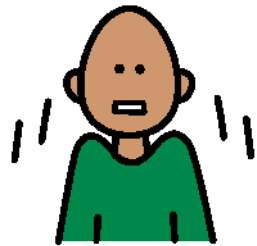
draw



bean bag chair



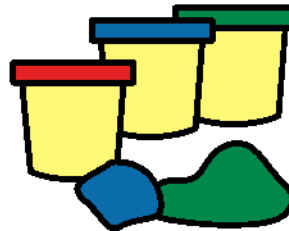
Progressive Muscle Relaxation



calm down routine

- | |
|------------------|
| Calm Down |
| close eyes |
| hands on stomach |
| 5 deep breaths |

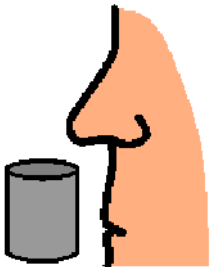
Play-Doh



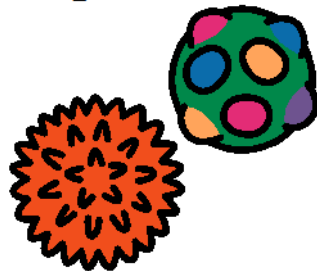
puzzle



smell bottles



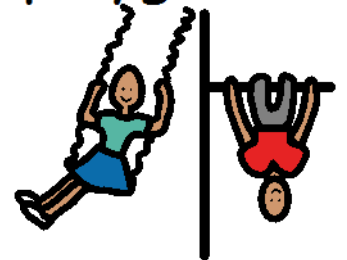
fidget tools



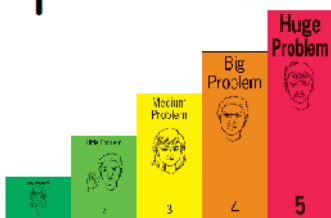
pressure points



playground



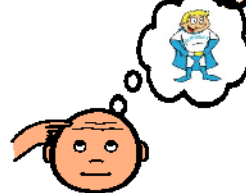
size of the problem



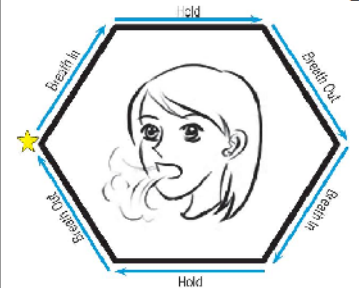
arm bands



flexible thinking



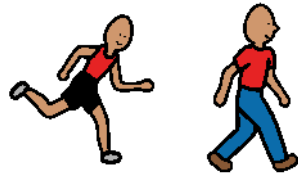
6 Sides of Breathing



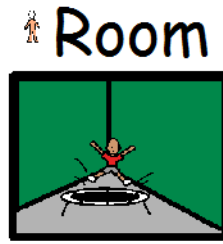
carry



run/walk



Body Break



run



walk



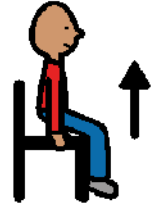
jumping jacks



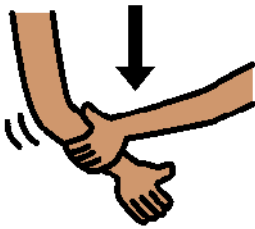
hug self



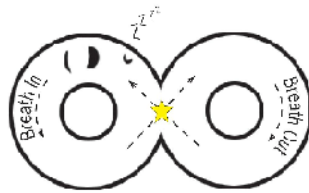
chair push-ups



arm pull



Lazy 8 Breathing



stretch



hand squeeze



water fountain



return book



office errand



exercise bike



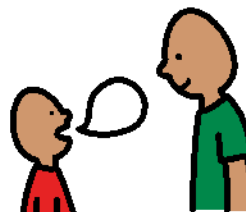
tent



chair band



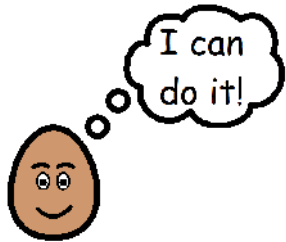
talk to an adult



ask for help



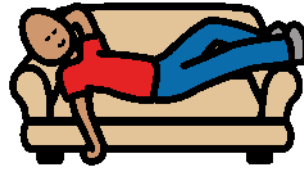
inner coach



read to me



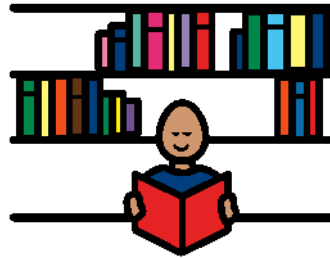
have a rest



play



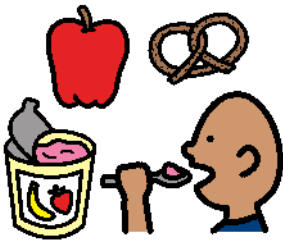
library



head on desk



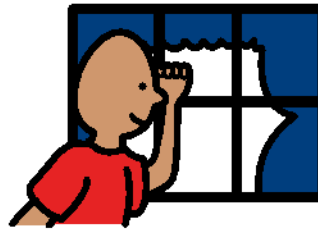
snack



wipe



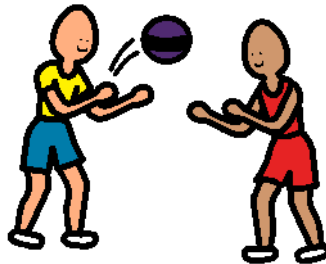
look out window



drink



ball play



sweep



quiet place

