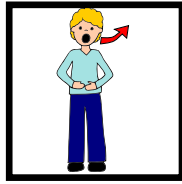
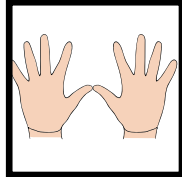


My Calming Strategies



Breathe in and out 3 times



Count to 10



Squeeze my hands



Slowly move my head from side to side



Push my hands together tightly



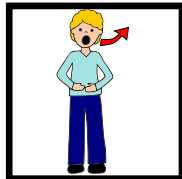
Gently rock my head forward and back



Close my eyes and squeeze them shut tight



Push my hands together tightly



Breathe in and out 3 times



Back to work