

If I need to feel calm, I can...

Squeeze
a pillow
or teddy



Clap my hands together
as hard as I
can



Think of a happy place
or memory



Clench my fists,
pretending to
squeeze a
lemon



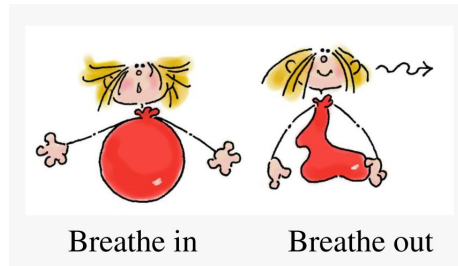
Blow bubbles



Push against a wall



Run my hands
under cold water



Balloon breathing

Count back from
100 in 3's

100, 97, 94...



Stretch my body