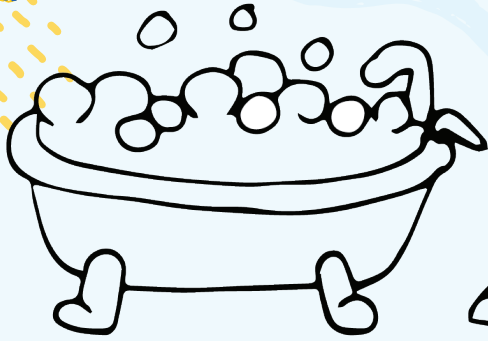
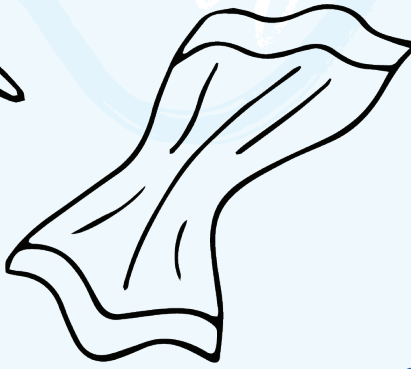


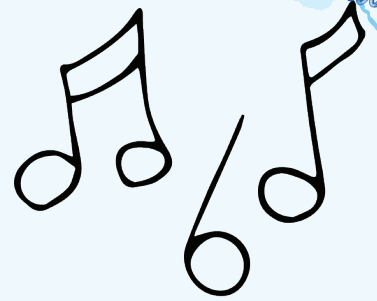
Take a bath



Use a weighted blanket



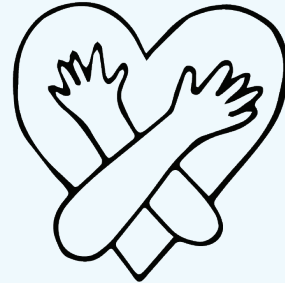
Listen to music



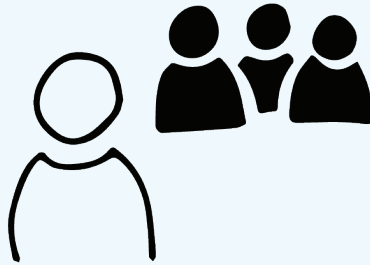
Look at a glitter jar



Give someone a hug



Have some alone time

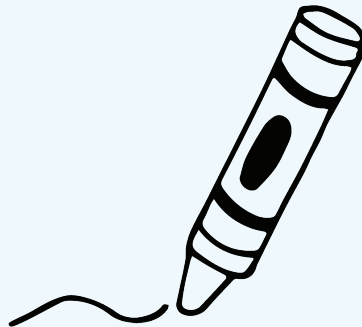


When I Feel Upset I Can

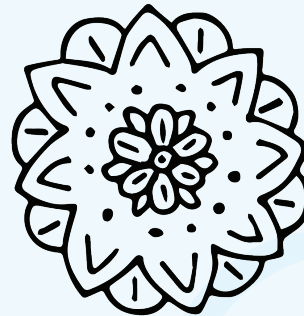
Jump on a Trampoline



Draw



Color a Mandala



Play with clay



Write in a journal

