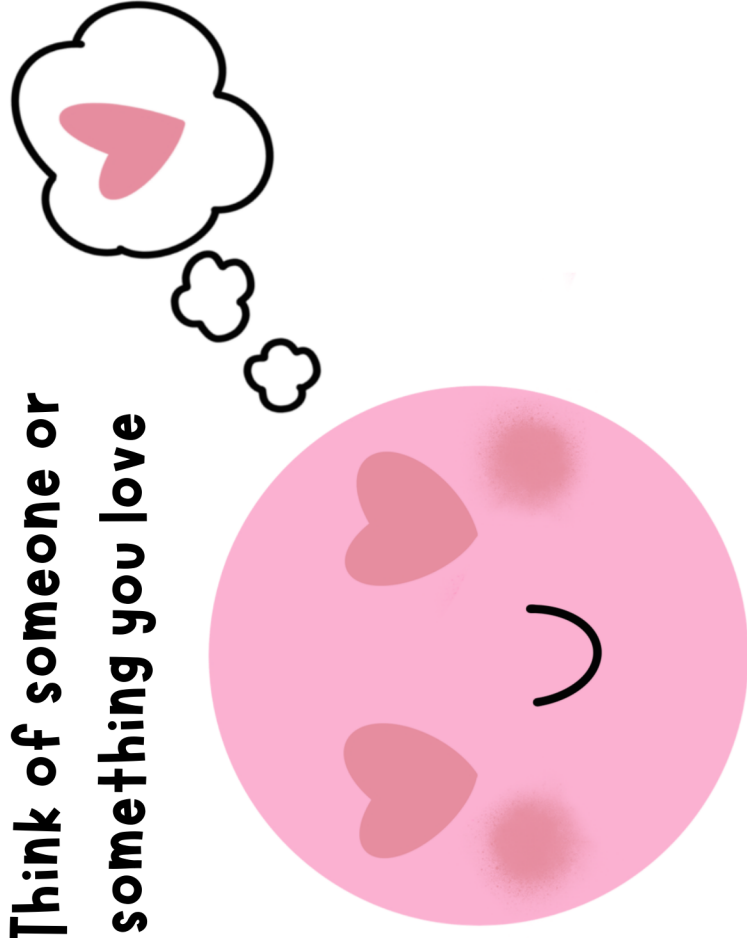


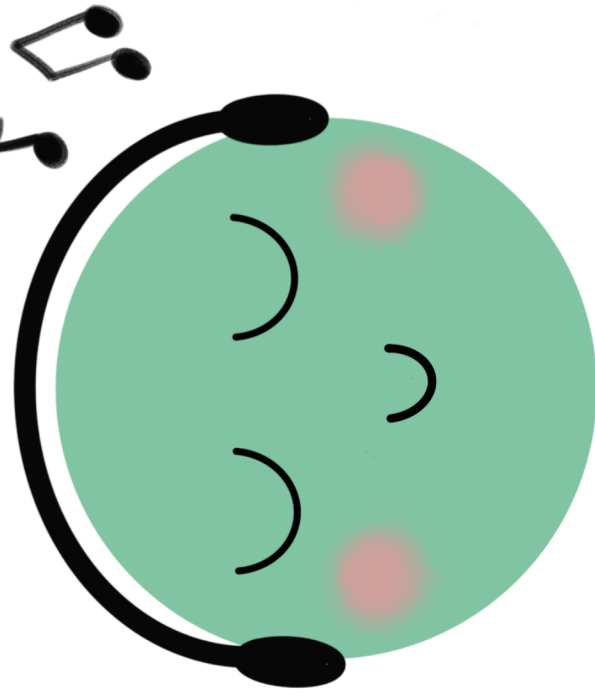
Slowly count to 10



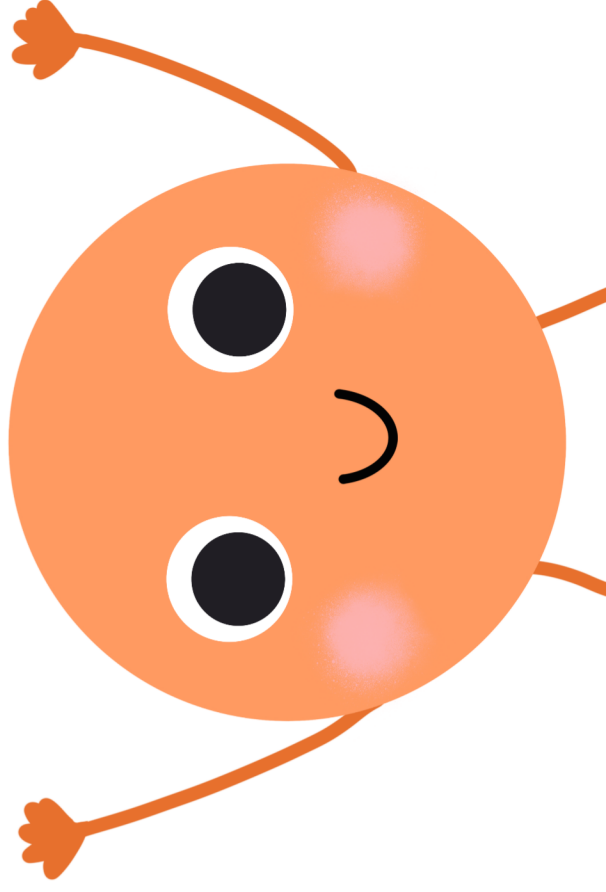
Think of someone or something you love



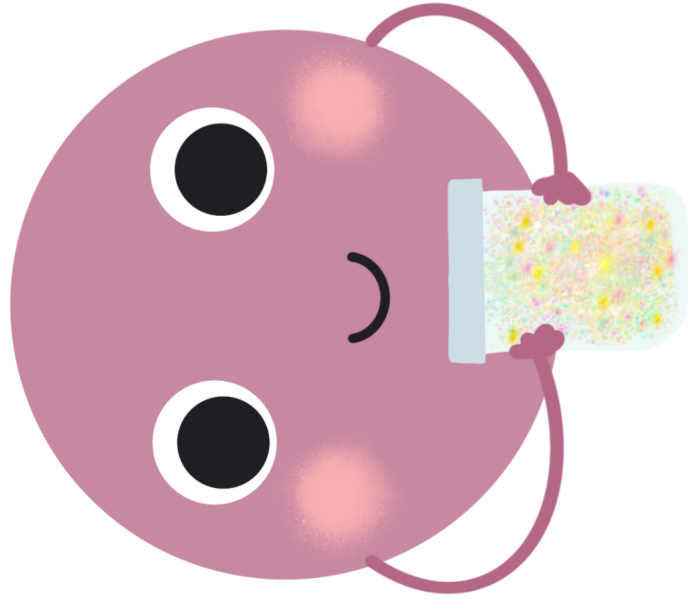
Listen to a song you love



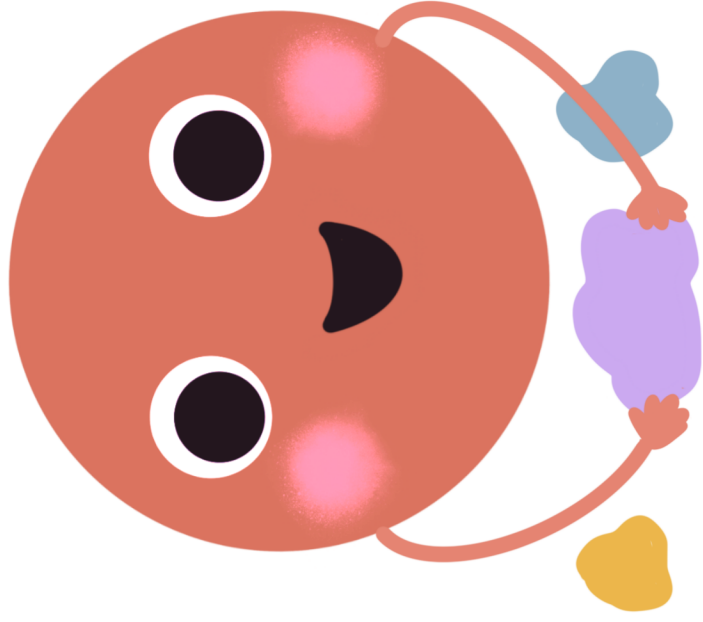
**Move your body—
stretch, dance, walk**



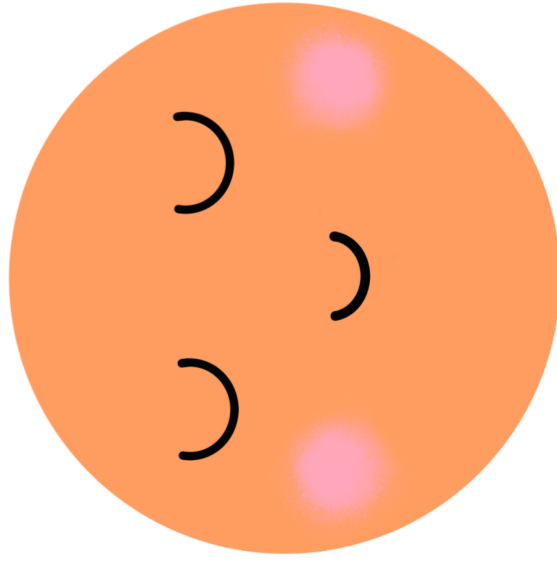
Look at a glitter jar



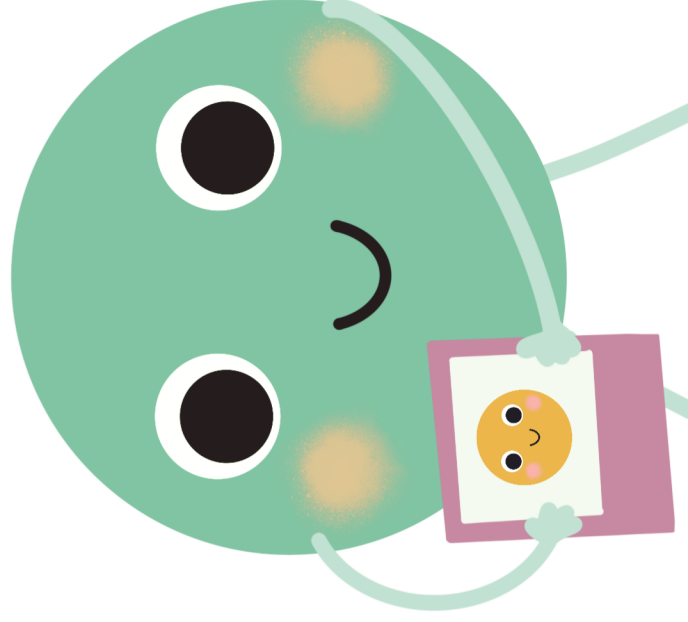
Create with modelling clay



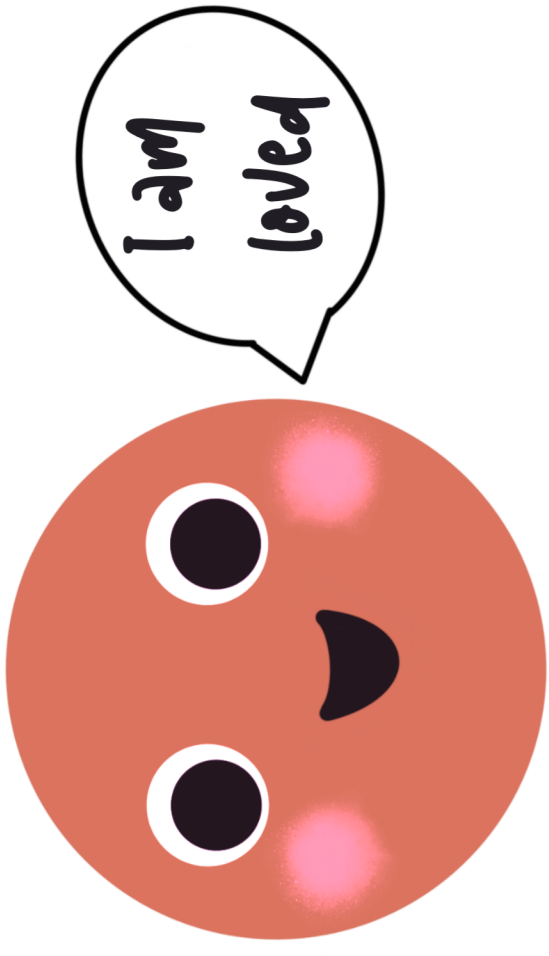
Rest in a quiet place



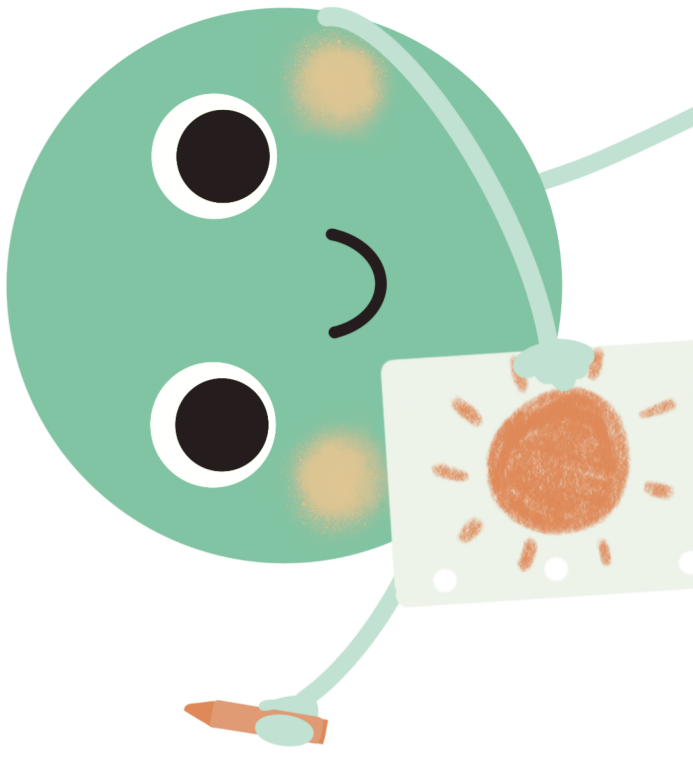
**Look at
happy
photographs**



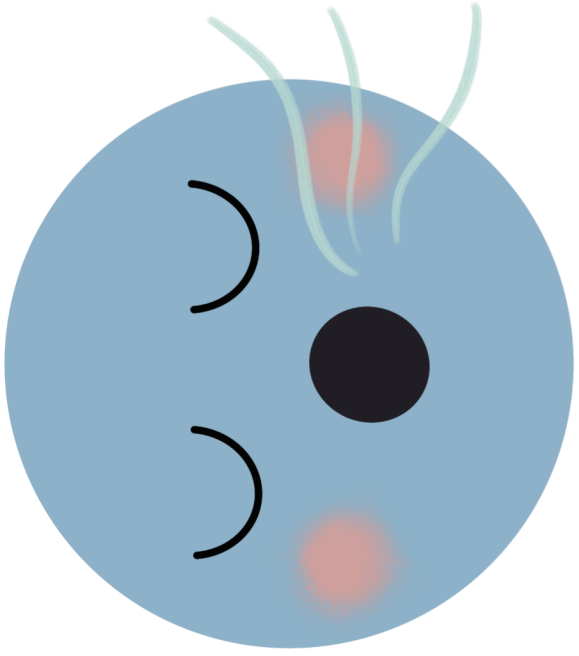
Use positive self-talk



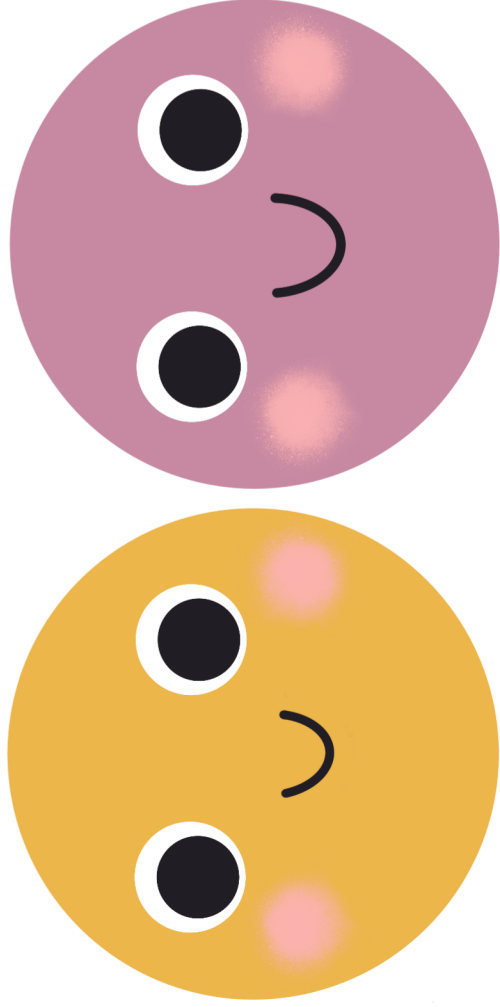
Draw a picture or colour



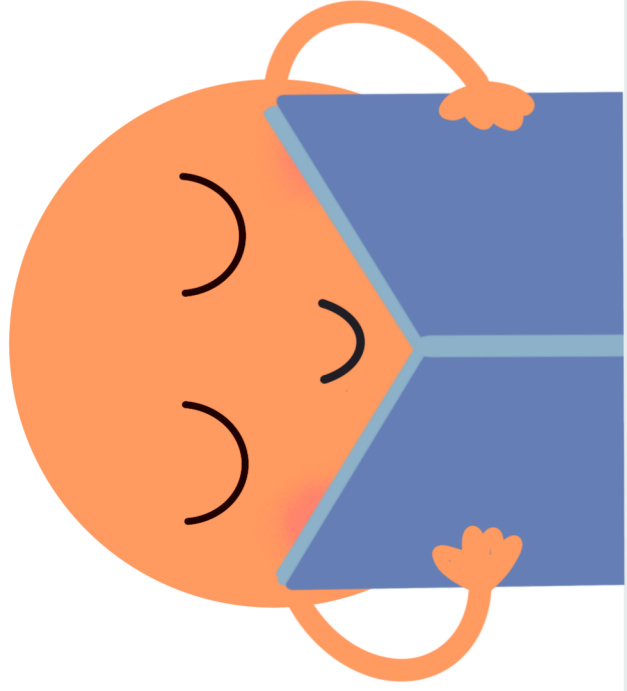
Take a few deep breaths



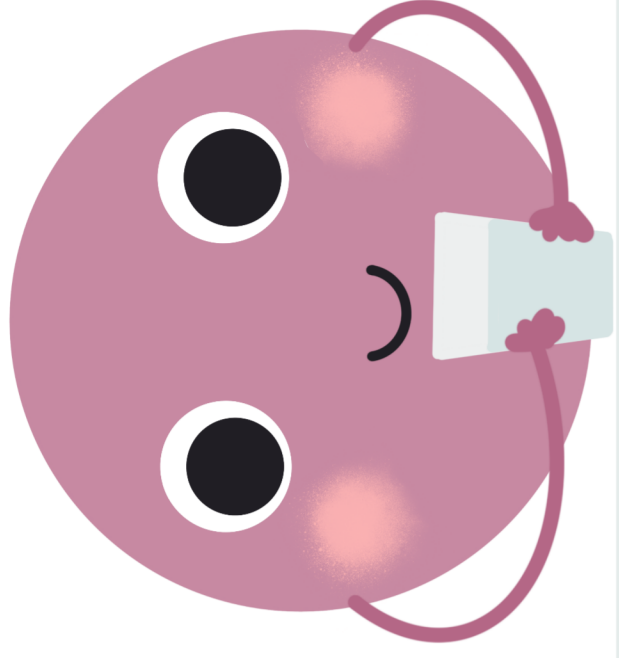
Talk to a friend



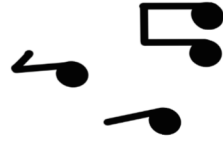
Read a book



Have a drink of water



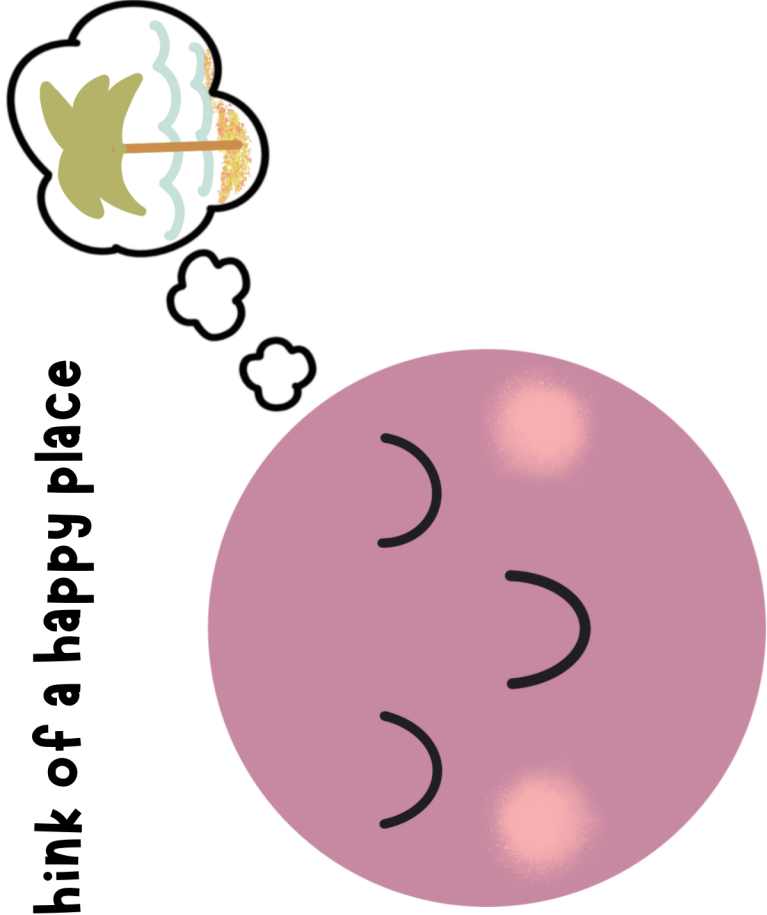
Hum or sing your favourite song



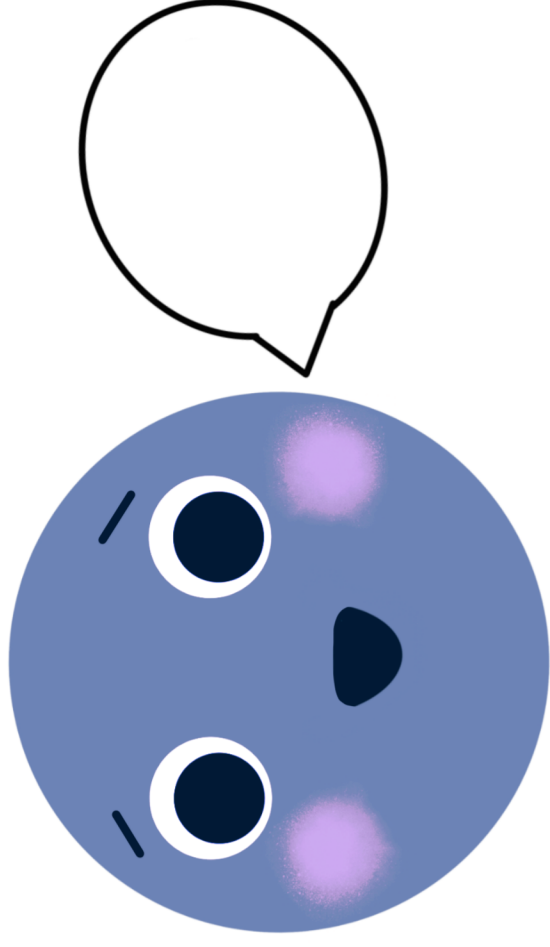
**Cuddle with a
favourite
stuffie**



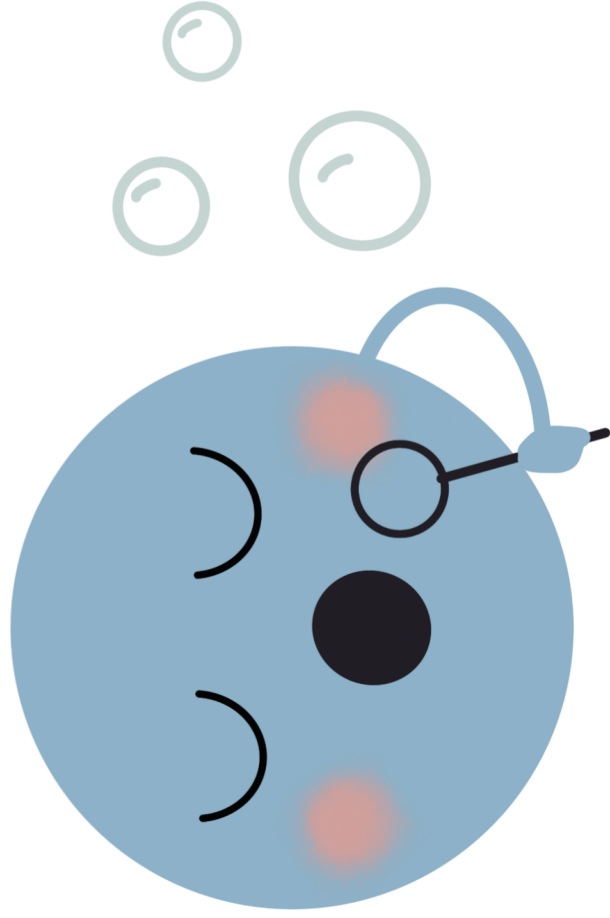
Think of a happy place



Ask for help



Blow bubbles



Build something

