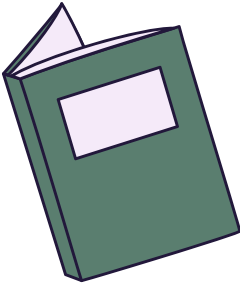


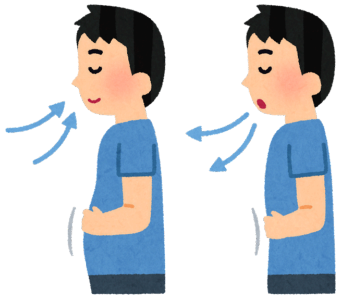






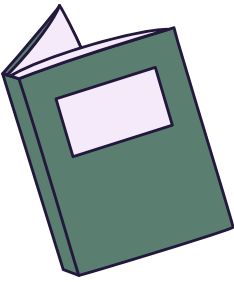


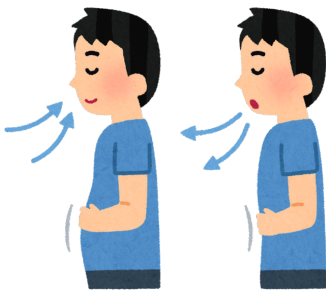





Things That Help Me Feel Good



READ A BOOK 	DRAW/WRITE 	ASK FOR A WALK 	DEEP BREATHS 
COUNT TO 5 	ASK FOR SPACE 	USE A FIDGET 	VISIT BREAK AREA 

Cut out the icons below and attach them with Velcro to their matching picture above.

READ A BOOK 	DRAW/WRITE 	ASK FOR A WALK 	DEEP BREATHS 
COUNT TO 5 	ASK FOR SPACE 	USE A FIDGET 	VISIT BREAK AREA 