

CALM DOWN TIME IDEAS



MEDIATION



PET AN
ANIMAL



PUZZLES



BELLY BREATH



SQUEEZE A
PILLOW



LISTEN TO
MUSIC



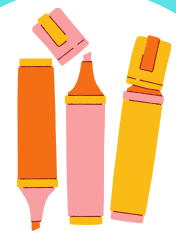
DRINK A
COOL DRINK



CUDDLE
STUFFED
ANIMAL



READ



DRAW OR
COLOR



GO FOR
A WALK



WRITE IN
A JOURNAL

CALM DOWN TIME IDEAS

A grid of 12 white circles arranged in three rows and four columns, set against a teal background. The circles are intended for writing down ideas for calming down time.