

CALM DOWN TIME IDEAS



MEDIATION



PET AN
ANIMAL



PUZZLES



BELLY BREATH



SQUEEZE A
PILLOW



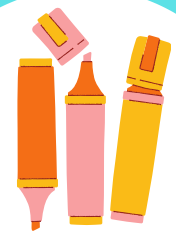
DRINK A
COOL DRINK



LISTEN TO
MUSIC



CUDDLE
STUFFED
ANIMAL



DRAW OR
COLOR



READ



GO FOR
A WALK



WRITE IN
A JOURNAL

CALM DOWN TIME IDEAS

