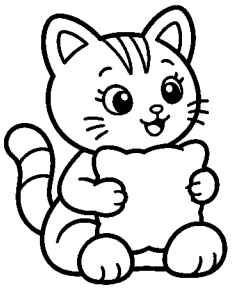
Name _____

What Helps Me Feel Calm?

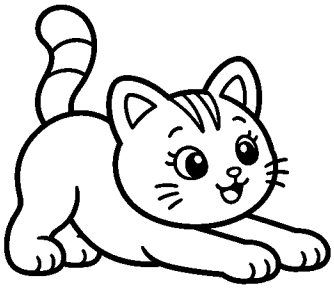
Circle something you'd like to try.



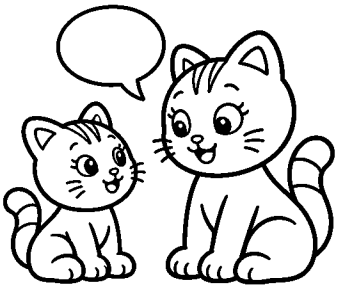
Hug a pillow.



Look at a book.



Stretch.



Talk to a grown-up.

My own idea.