

Calm-Down Cards



Take a walk



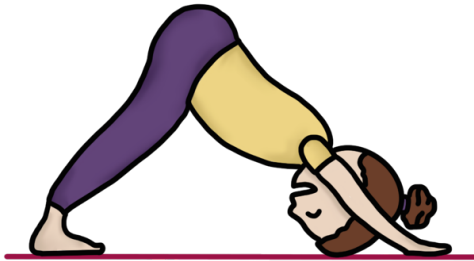
Take deep breaths



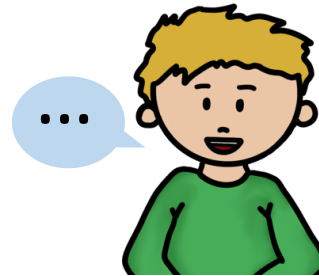
Tucker Turtle



Hug



Yoga Stretch



Talk to someone



Read



Write in journal