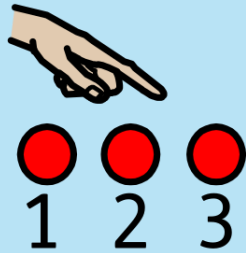
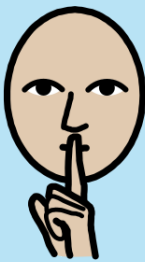


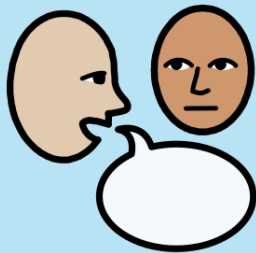
# I can calm down by...



Counting slowly  
up to 10



Quiet space



Talking to a  
friend or adult



Colouring a  
picture



Playing with a  
quiet toy or game