



Feeling Better...

Slow, deep breathing

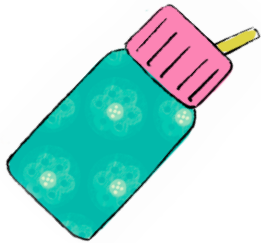


Snuggle with a blanket, stuffed animal, or pet

Make a new plan



Get a drink of water



Use a calming bottle

Ask an adult about changes



Move my body



Tell myself it will be ok while giving myself a hug

Listen to calming music

