

CALMING Techniques



Listen to music



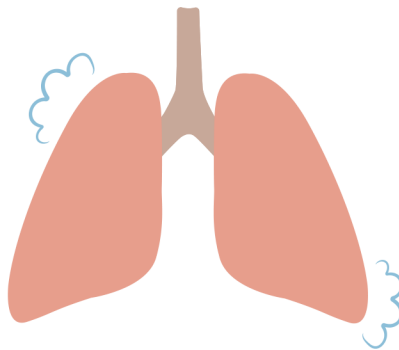
Hug a stuffed animal



Jumping jacks



Have a snack



Take deep breaths



Art and doodling



Solve a puzzle



Read a book



Write in a journal