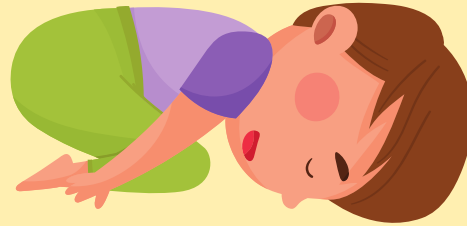
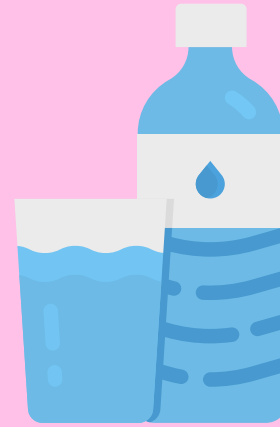




Deep breathing



Child pose



Drink water



Imagine a quiet place



Paint



Blow bubbles



Warm bath



Watch fish

100

99

98

**Count
backwards**



Run



Hug



**Name my
feelings**



**Write a
letter**



**Play with
a pet**



**Wrap up in
a blanket**



**Count
heartbeats**



Squeeze something



Listen to music



Hug a toy



Explore nature



Noise cancelling headphones



Smell my favourite scent



Press and release palms together



5-4-3-2-1 calming technique