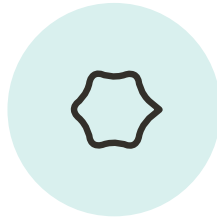


My Calm-Down Toolkit

When big feelings show up, try one of these ideas until you start to feel a bit calmer. There's no wrong choice.



**Take 5
Deep Breaths**



**Squeeze a
Fidget Toy**



Count to 10



**Drink
Some Water**



**Go to
My Quiet Space**



**Have a
Big Stretch**



Hug a Cushion



**Listen
to Music**