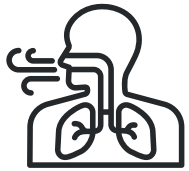


BEE CALM

FEELING CARDS

CALM

Keep feeling calm.



**Deep
Breaths**



Hug Yourself



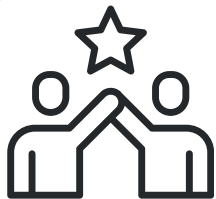
Drink Water



Stretch



**Draw or
Doodle**



Celebrate



Keep Going



**Listen to
music**



Help Someone