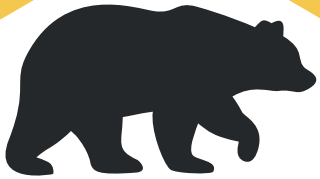


BEE CALM

FEELING CARDS

WIGGLY

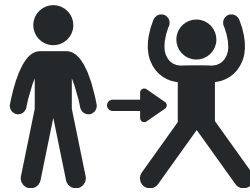
Organize my body



Animal Walks



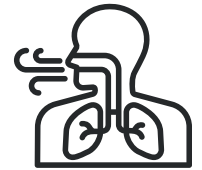
Chair Push-ups



Jumping



Drink Water



**Deep
Breaths**



Heavy Work



Stretch



Use a fidget



Ask for Help