

BEE CALM

FEELING CARDS

DISTRACTED

Refocus my brain



Take a Break



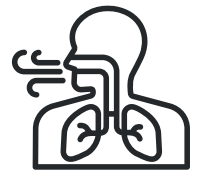
Draw or Doodle



Use a fidget



Drink Water



Deep Breaths



Stretch



Ask for Help



Set a Timer



One Step at a Time