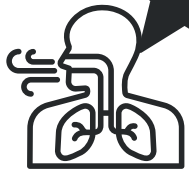


BEE CALM

FEELING CARDS

SILLY

Slow down and get ready



**Deep
Breaths**



Hug Yourself



Drink Water



Stretch



Use a fidget



Listen to music



Ask for Help



Be a Statue



Calm Body