

BEE CALM

FEELING CARDS

TIRED

Rest and Recharge.



Take a Break



Drink Water



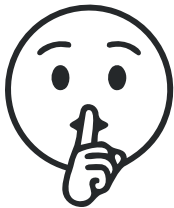
Hug Yourself



Listen to music



Ask for Help



Quiet Time



Read a Book



Healthy Snack



Rest