

BEE CALM

FEELING CARDS

ANGRY

Stay Safe.



Take a Break



Wall Push



Heavy Work



Deep Breaths



Get Something Cold



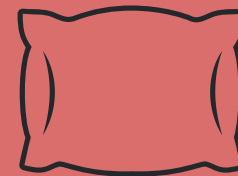
Count to 10



Ask for Help



Walk Away



Squeeze a Pillow