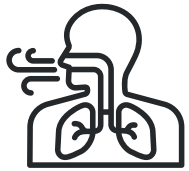


BEE CALM

FEELING CARDS

CALM

Keep feeling calm.



**Deep
Breaths**



Hug Yourself



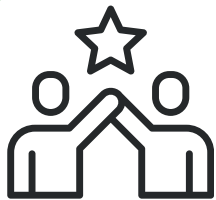
Drink Water



Stretch



**Draw or
Doodle**



Celebrate



Keep Going



**Listen to
music**



Help Someone

BEE CALM

FEELING CARDS

HAPPY

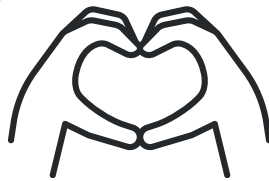
Share your happiness.



**Enjoy the
Moment**



Celebrate



Be Kind



Spread Joy



**Say Something
Nice**



Share a Smile



Keep Going



Dance



Listen to music

BEE CALM

FEELING CARDS

PROUD

Celebrate your success.



BEE CALM

FEELING CARDS

RELAXED

Enjoy this peaceful moment.



**Enjoy the
Moment**



Nature Walk



Drink Water



Stretch



**Draw or
Doodle**



Quiet Time



Read



**Listen to
music**



Keep Going

BEE CALM

FEELING CARDS

EXCITED

Use my energy



Wall Push



Pull Something Heavy



Jump



Animal Walks



Go for a Walk



Dance



Stretch



Listen to music



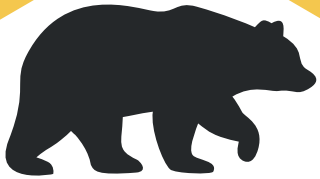
Ask for Help

BEE CALM

FEELING CARDS

WIGGLY

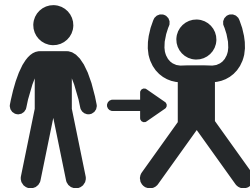
Organize my body



Animal Walks



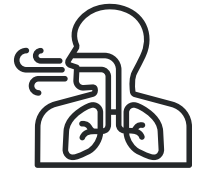
Chair Push-ups



Jumping



Drink Water



**Deep
Breaths**



Heavy Work



Stretch



Use a fidget



Ask for Help

BEE CALM

FEELING CARDS

DISTRACTED

Refocus my brain



Take a Break



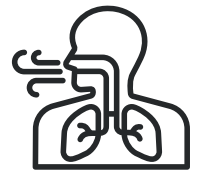
Draw or Doodle



Use a fidget



Drink Water



Deep Breaths



Stretch



Ask for Help



Set a Timer



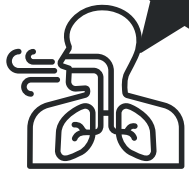
One Step at a Time

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

BEE CALM

FEELING CARDS

SAD

Find Comfort.



Hug Yourself



Deep Breaths



Drink Water



Listen to music



Draw or Doodle



Comfort Item



Go Outside



Talk About It



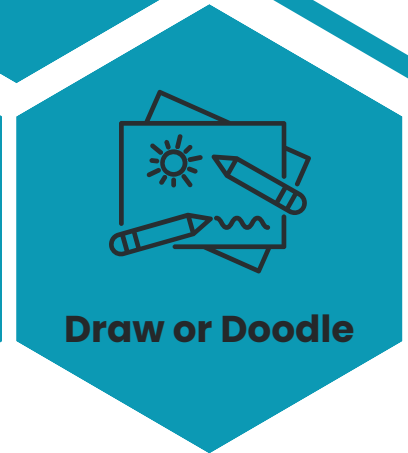
Ask for Help

BEE CALM

FEELING CARDS

LONELY

Find Connection.



BEE CALM

FEELING CARDS

TIRED

Rest and Recharge.



Take a Break



Drink Water



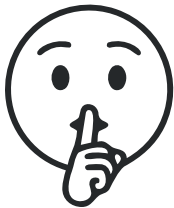
Hug Yourself



Listen to music



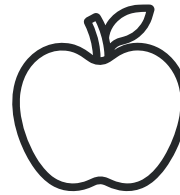
Ask for Help



Quiet Time



Read a Book



Healthy Snack



Rest

BEE CALM

FEELING CARDS

SICK

Take Care of Your Body.



Tell an Adult



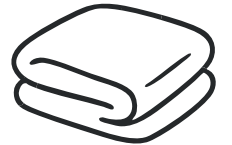
**Check
Temperature**



Drink Water



**Medicine
with Adult**



Blanket



Warm Soup



Healthy Snack



Nap



Rest



BEE CALM

FEELING CARDS

DISAPPOINTED

Try Again.



BEE CALM

FEELING CARDS

ANGRY

Stay Safe.



Take a Break



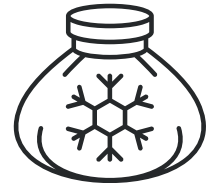
Wall Push



Heavy Work



Deep Breaths



Get Something Cold



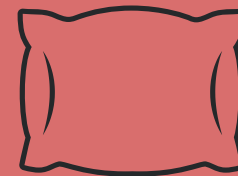
Count to 10



Ask for Help



Walk Away



Squeeze a Pillow

BEE CALM

FEELING CARDS

PANICKED

Find Safety.

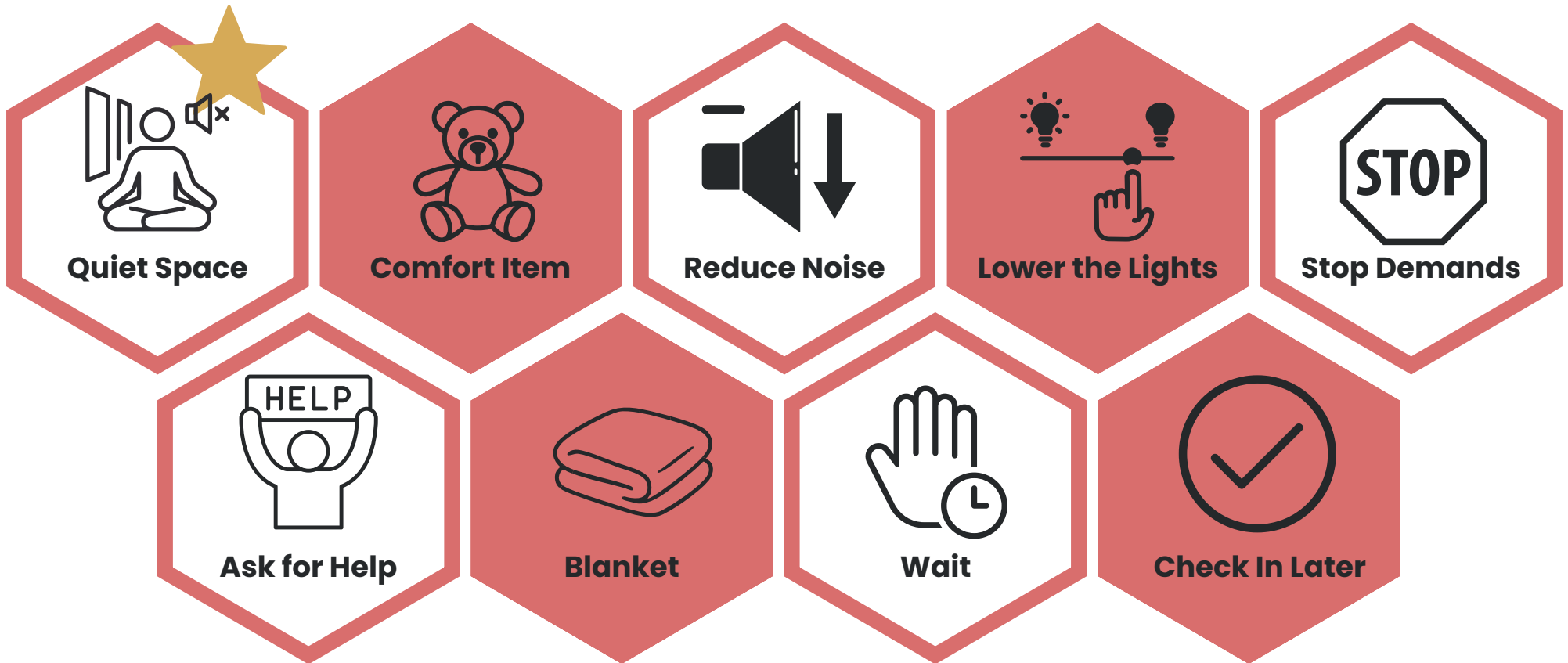


BEE CALM

FEELING CARDS

MELTDOWN

Reduce Demands.



BEE CALM

FEELING CARDS

SHUTDOWN

Reconnect Gently.

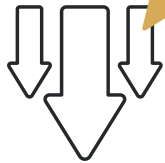


BEE CALM

FEELING CARDS

OVERWHELMED

Reduce the Load.



**Reduce
Demands**



One Small Step



Take a Break



Deep Breaths



Quiet Space



Drink Water



Ask for Help



Set a Timer



Stretch

BEE CALM

FEELING CARDS

WORRIED

Focus on What You Can Control.



BEE CALM

FEELING CARDS

NERVOUS

Be Brave Anyway.



One Small Step



Practice First



**Helpful
Thoughts**



Deep Breaths



Ask Questions



Talk About It



Ask for Help



Try Again



Keep Going

BEE CALM

FEELING CARDS

FRUSTRATED

Keep Trying.



BEE CALM

FEELING CARDS

CONFUSED

Figure It Out.

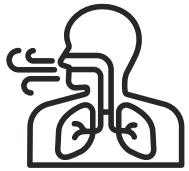


BEE CALM

FEELING CARDS

EMBARRASSED

Everyone Makes Mistakes.



**Deep
Breaths**



Shake It Off



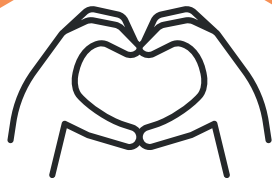
Try Again



Keep Going



Ask for Help



Kind Thoughts



Walk Back In



Talk About It



You're Ok

BEE CALM

FEELING CARDS

OVERSTIMULATED

Reduce the Input.

