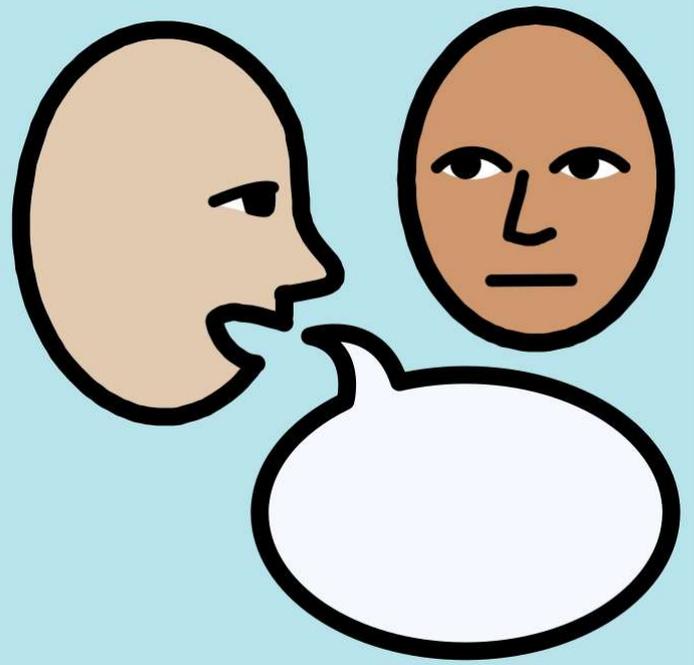
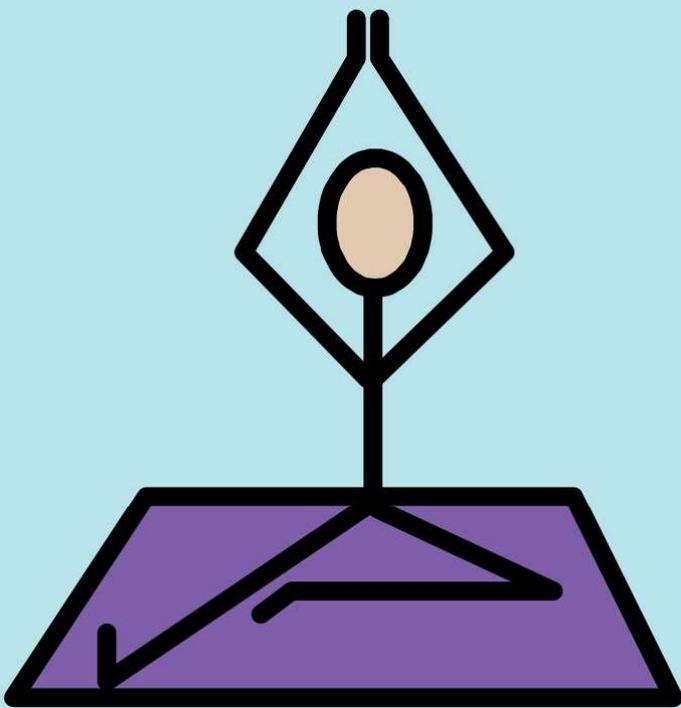


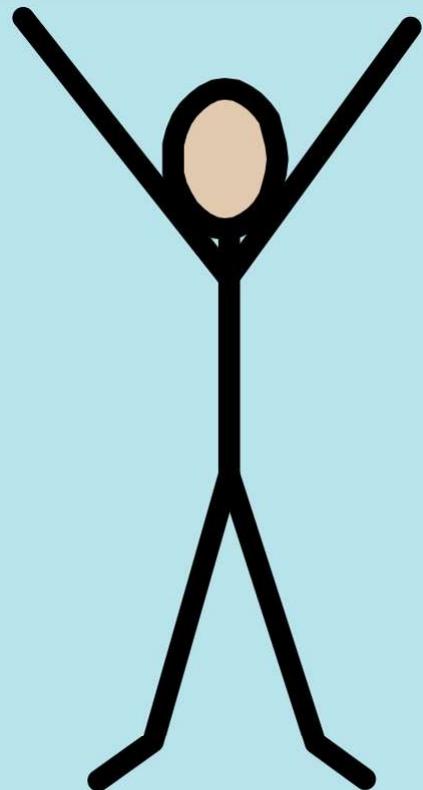
Take a Walk



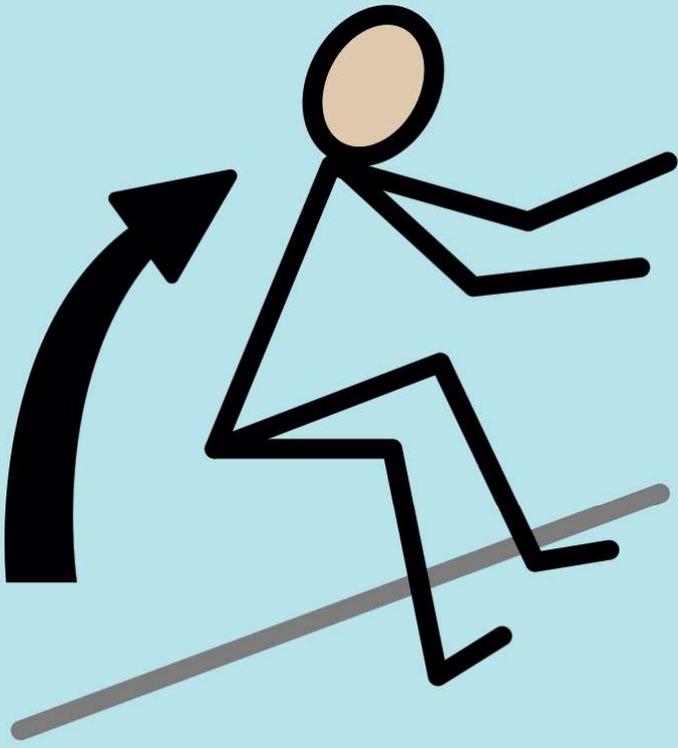
Talk to Someone



Yoga



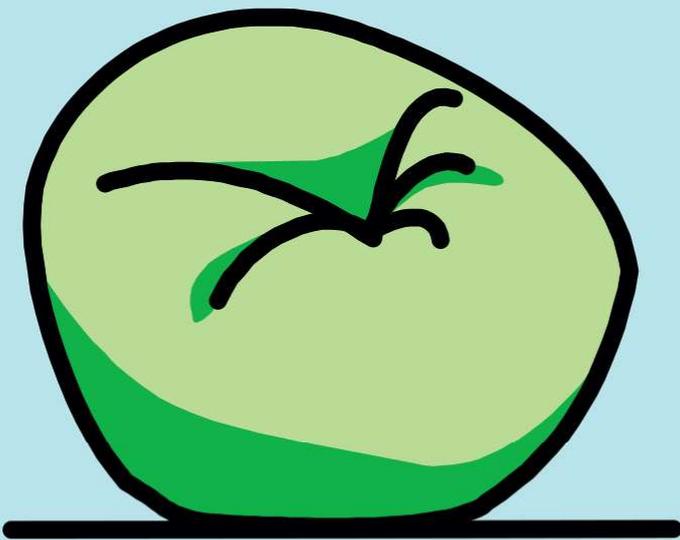
Stretch



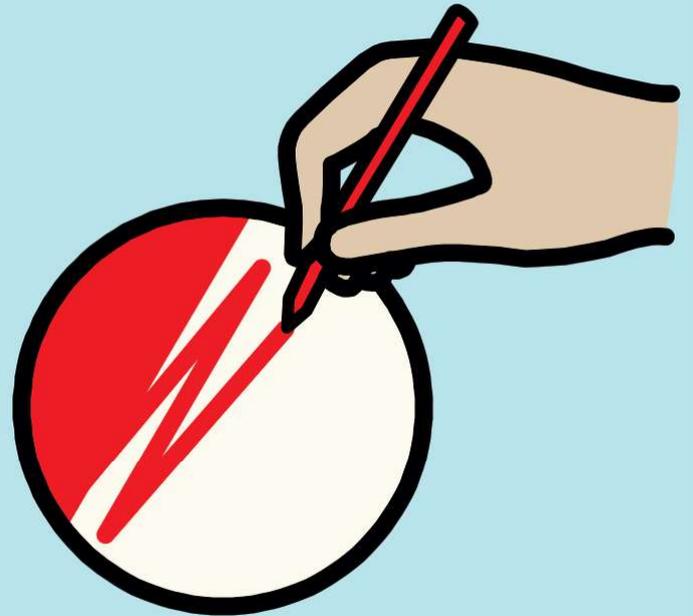
Jumping



Drink



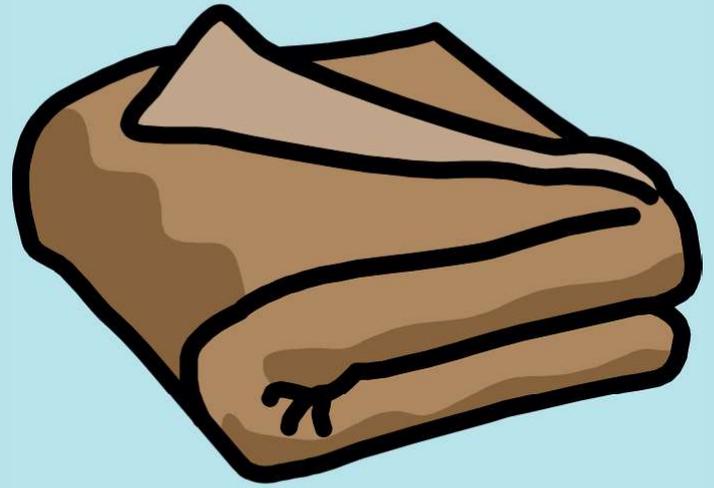
Beanbag



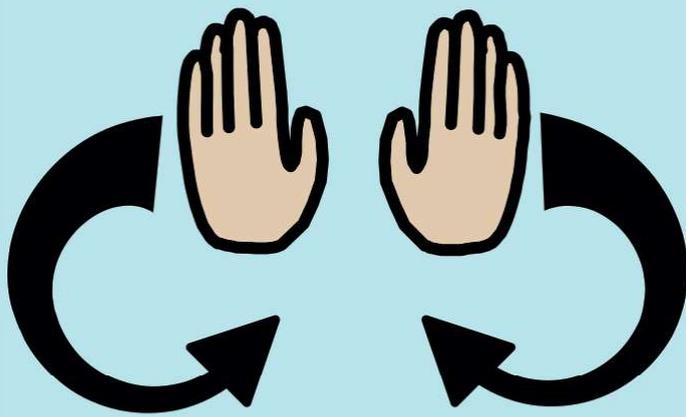
Colouring



Squeeze



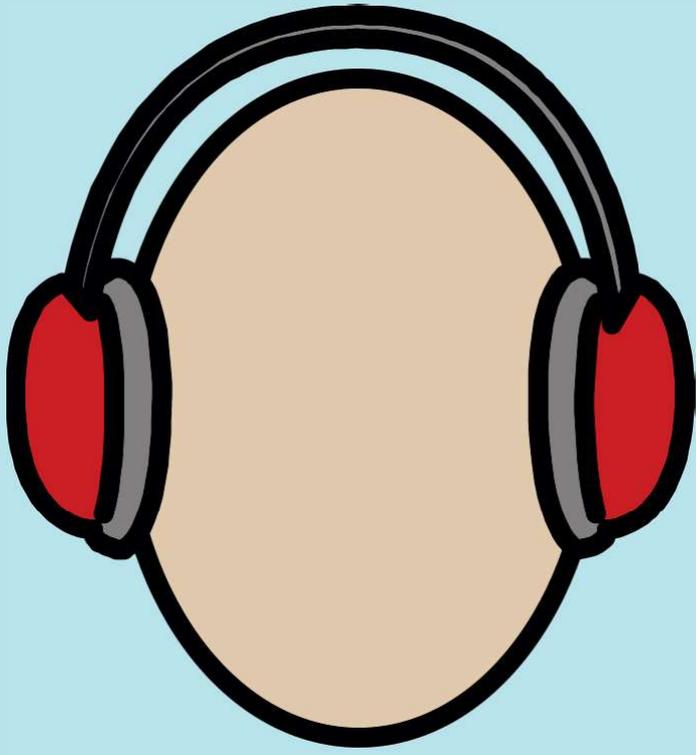
Blanket



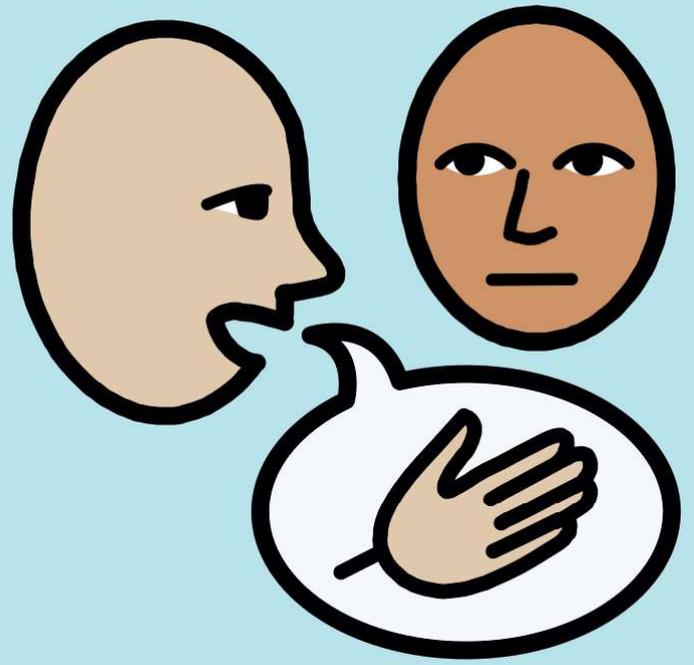
Story Massage



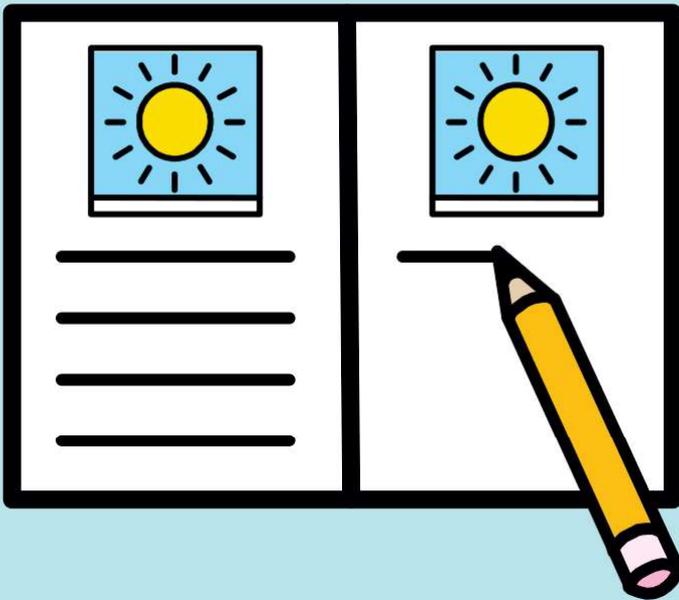
Hand Massage



Ear Defenders



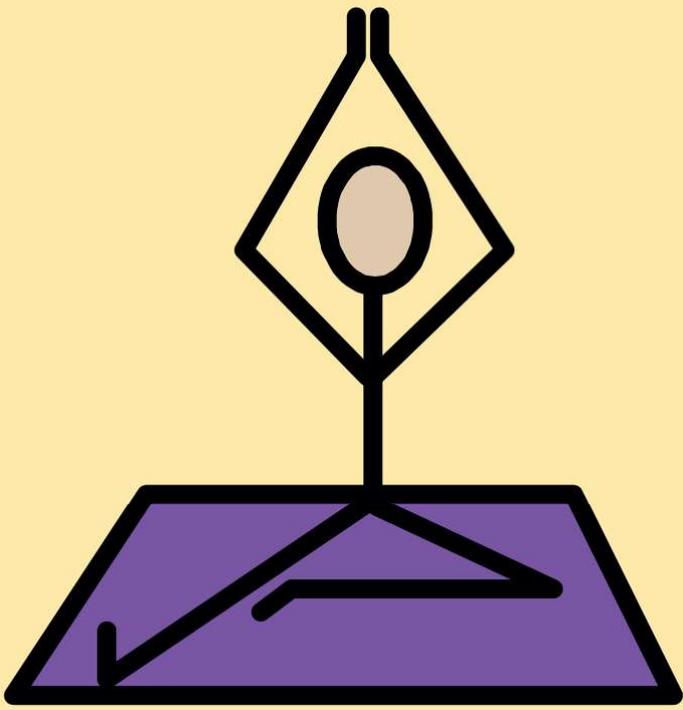
Ask for Help



Journal



Hug



Yoga



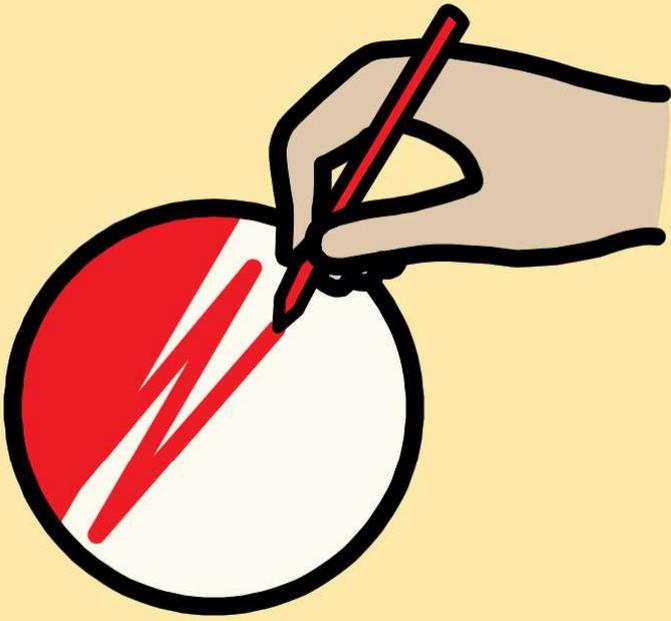
Squeeze



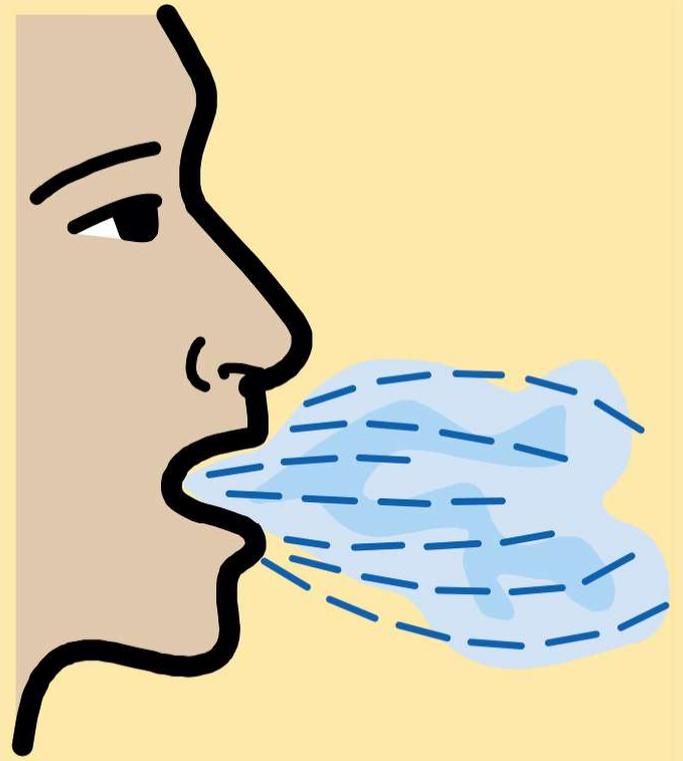
Stress Ball



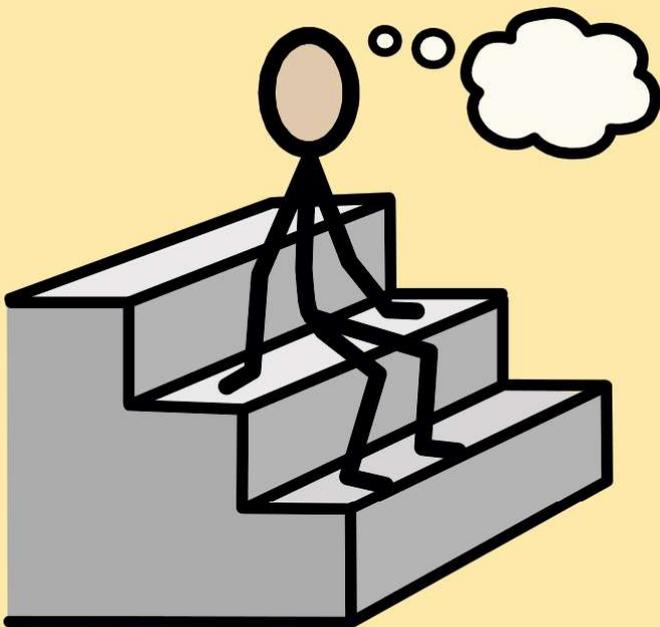
Theraputty



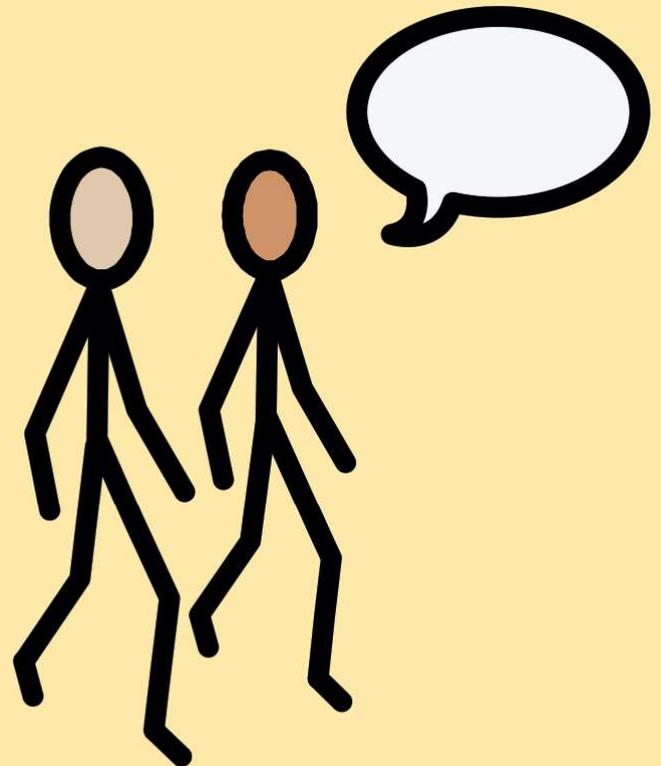
Colouring



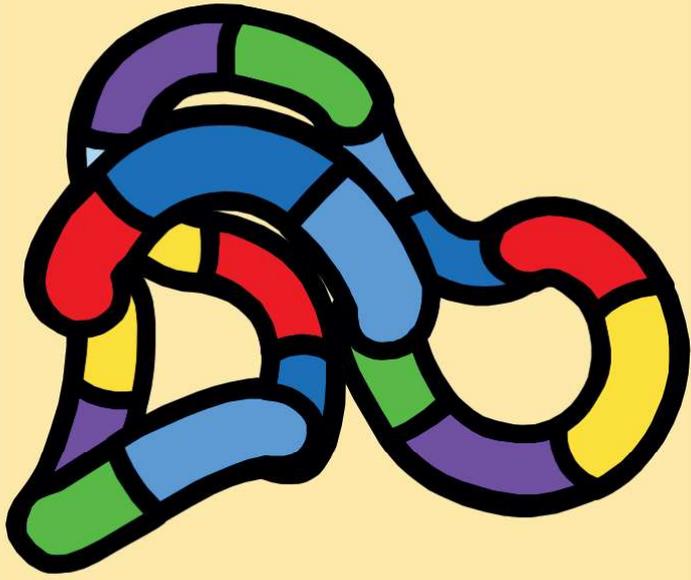
Deep breaths



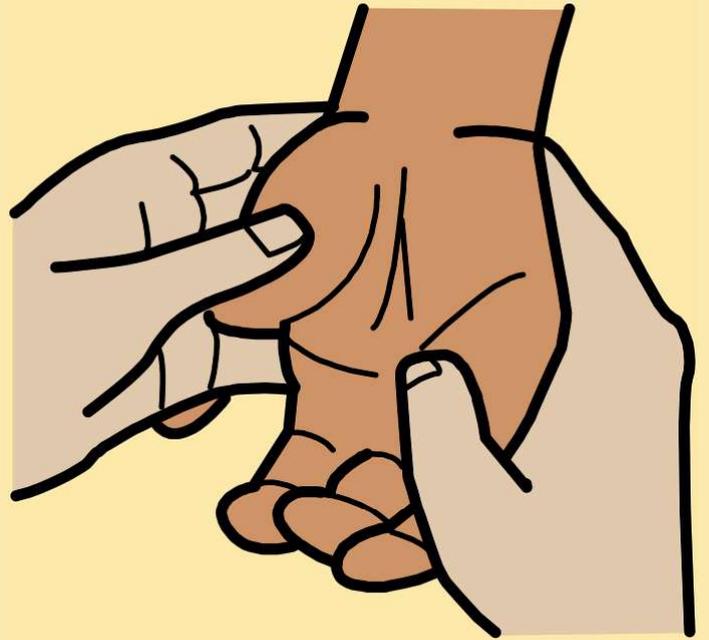
Ask for a break



Walk and Talk



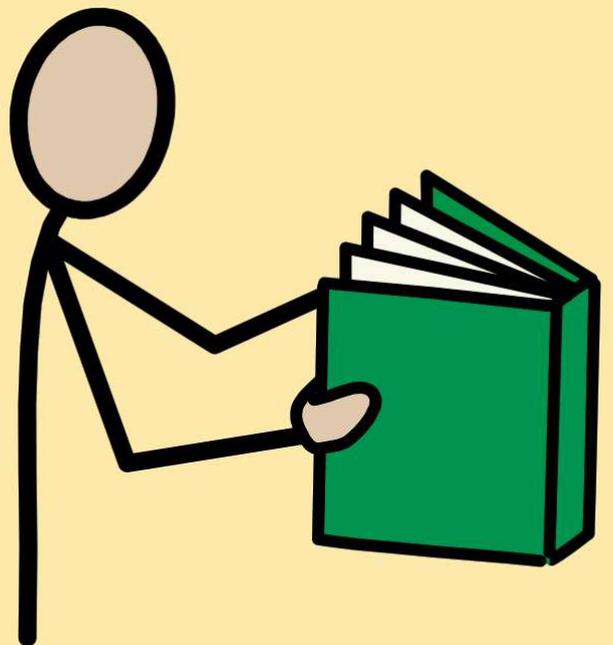
Fidget Toy



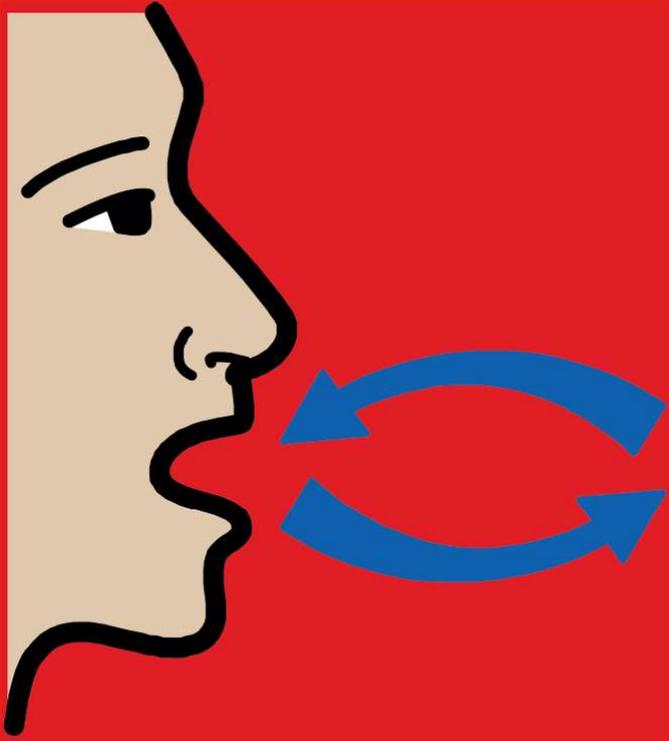
Hand Massage



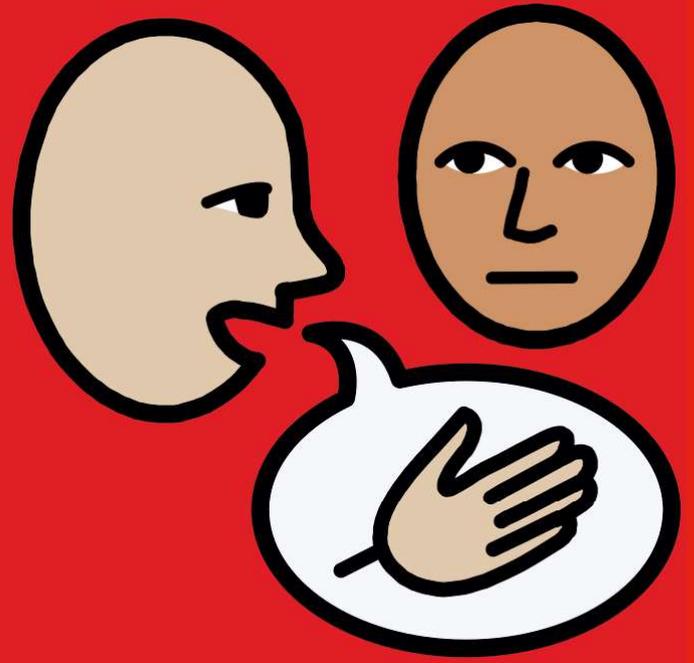
Ear Defenders



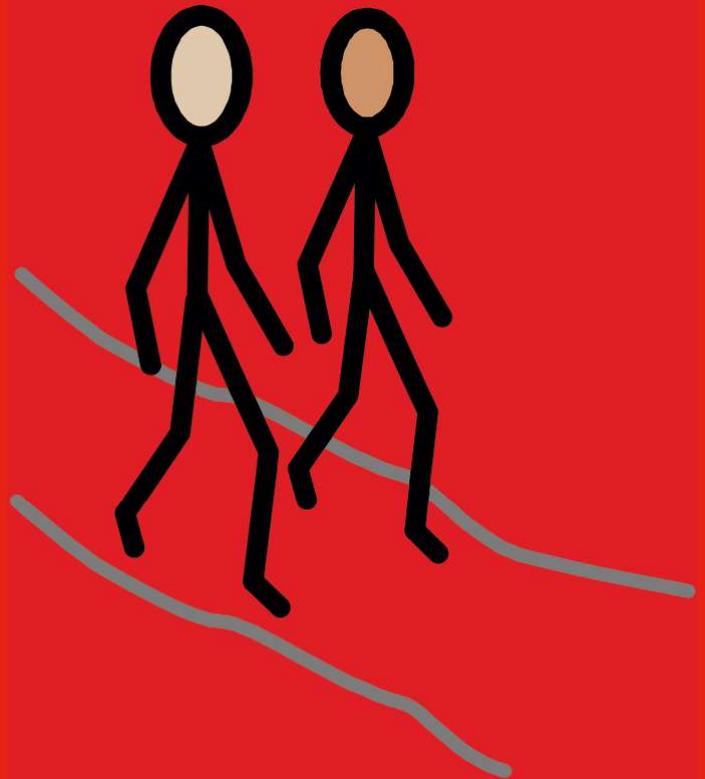
Read a Book



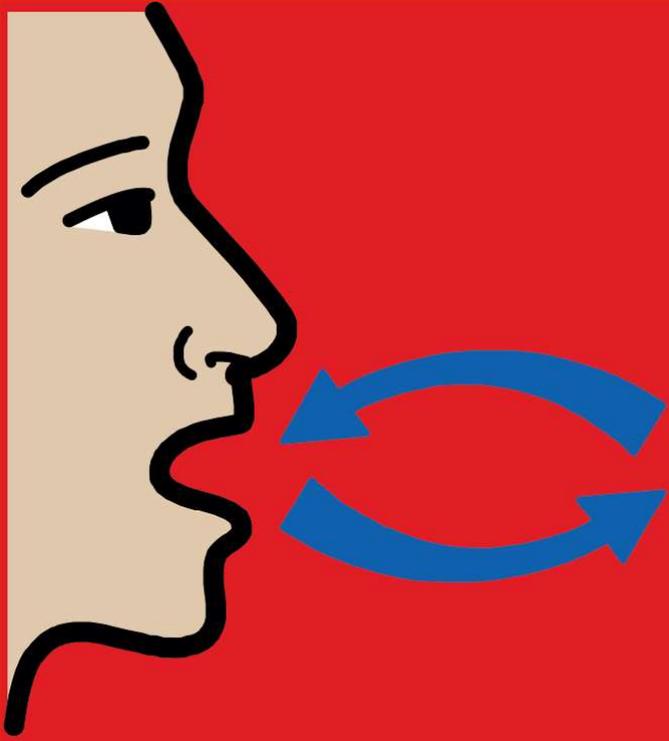
Belly Breathing



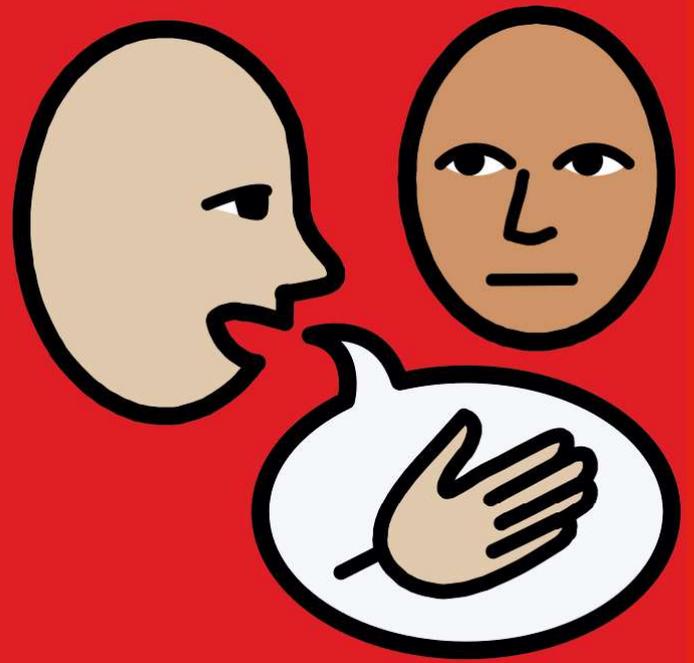
Ask for Help



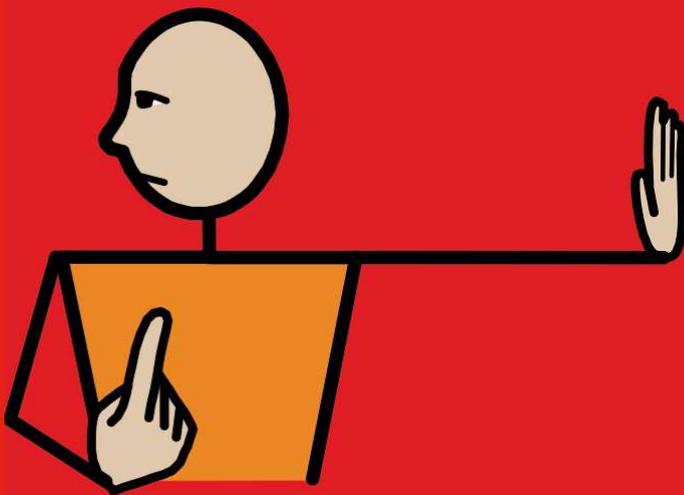
Walk with adult



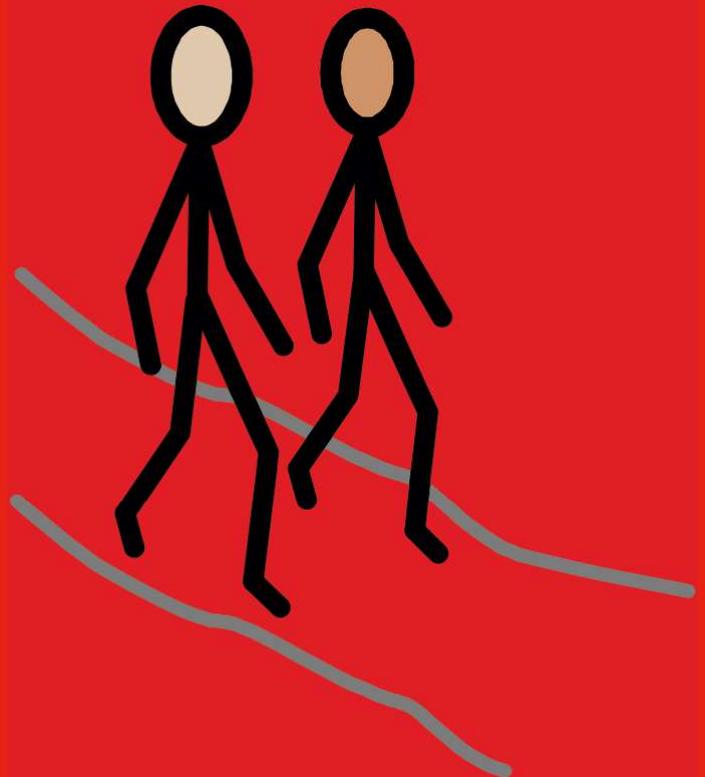
Belly Breathing



Ask for Help



Space



Walk with adult



Listen to Music



Go to Safe Space



Hug



Ear Defenders