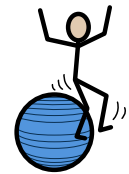




Talking to a friend



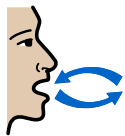
Going for a walk



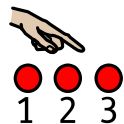
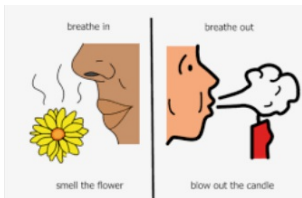
Bouncing on a ball



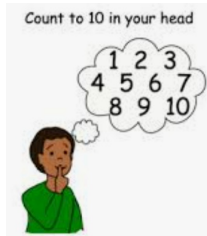
Drawing or colouring



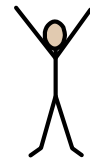
Deep breaths



Count



Have a drink

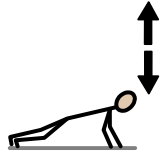
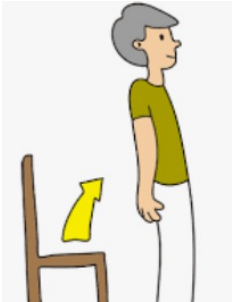


Stretch

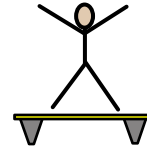




*Stand up*



*Wall push ups*



*Star jumps*



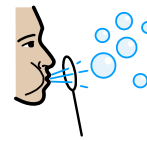
*Healthy snack*



*Squeeze*



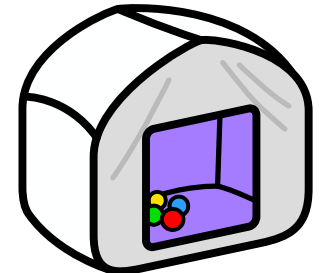
*Calming music*

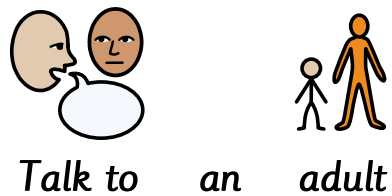
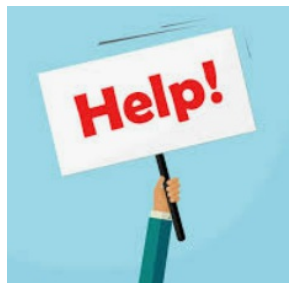
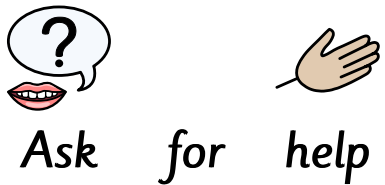


*Blow bubbles*



*Safe space*





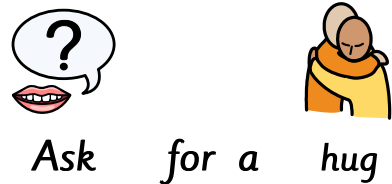
Fidget Toy



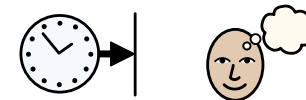
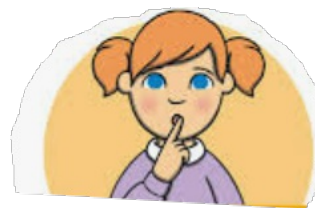
Close my eyes



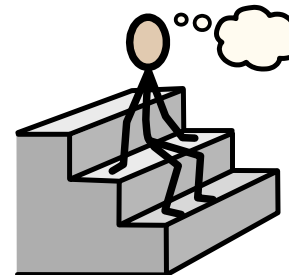
Story



Quiet Time

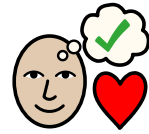


Time to think





Ear defenders



Specialist Interest



My



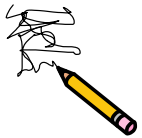
Calm



Box



Hand Massage



Doodle Book

