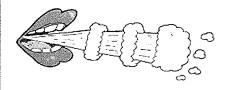




Calming Routine

1. Take 4 deep breaths



1 2 3 3 4



2. Clench fists 4 times













3. Count to 10

1 2 3 4 5 6 7 8 9

4. Good job!

