











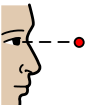











 Hug	 I can	 Ask for help
 Read	 Quiet area	 New activity

 Breath	 I can	 Take a break
 Walk	 Hand massage	10 Count to ten

 Learn	 I can	 Focus
 Listen	 Help others	 Communicate

 Drink	 I can	 Quiet area
 Exercise	 Breath	 New activity