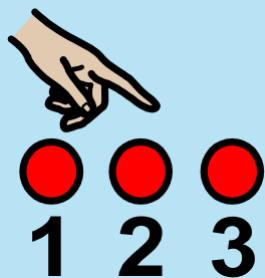


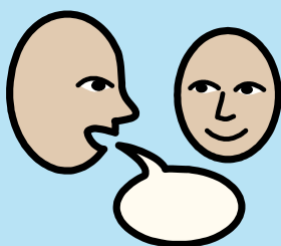
I can calm down by...



Counting slowly
up to 10



Reading a book



Talking to a
friend or adult



Colouring a
picture



Playing with a
quiet toy or game