Things I can do when I need to

CALM DOWN





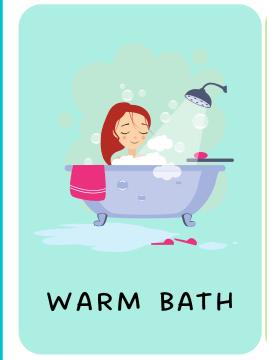


WRITE A LETTER



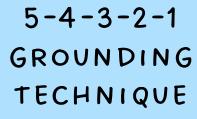


















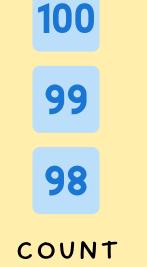




SQUEEZE SOMETHING



LISTEN TO MUSIC



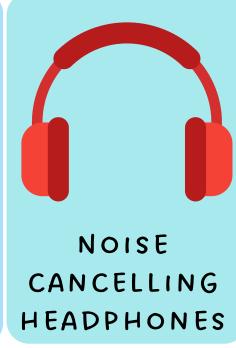
BACKWARDS



EXPLORE NATURE









PLAY WITH A PET



HUG A TOY



WRAP UP IN A BLANKET

