



Calming down

upset



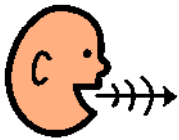
If I feel upset.....

calm

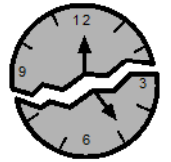


I need to calm down

say



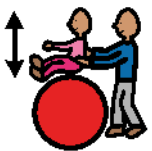
Can I take a break?



Then decide what to do



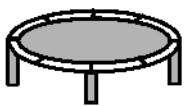
bounce



Bounce on ball



trampoline



Jump on trampoline



stretch



Play in body Sock



walk



Go for a walk