



**Take 10
deep
breaths**



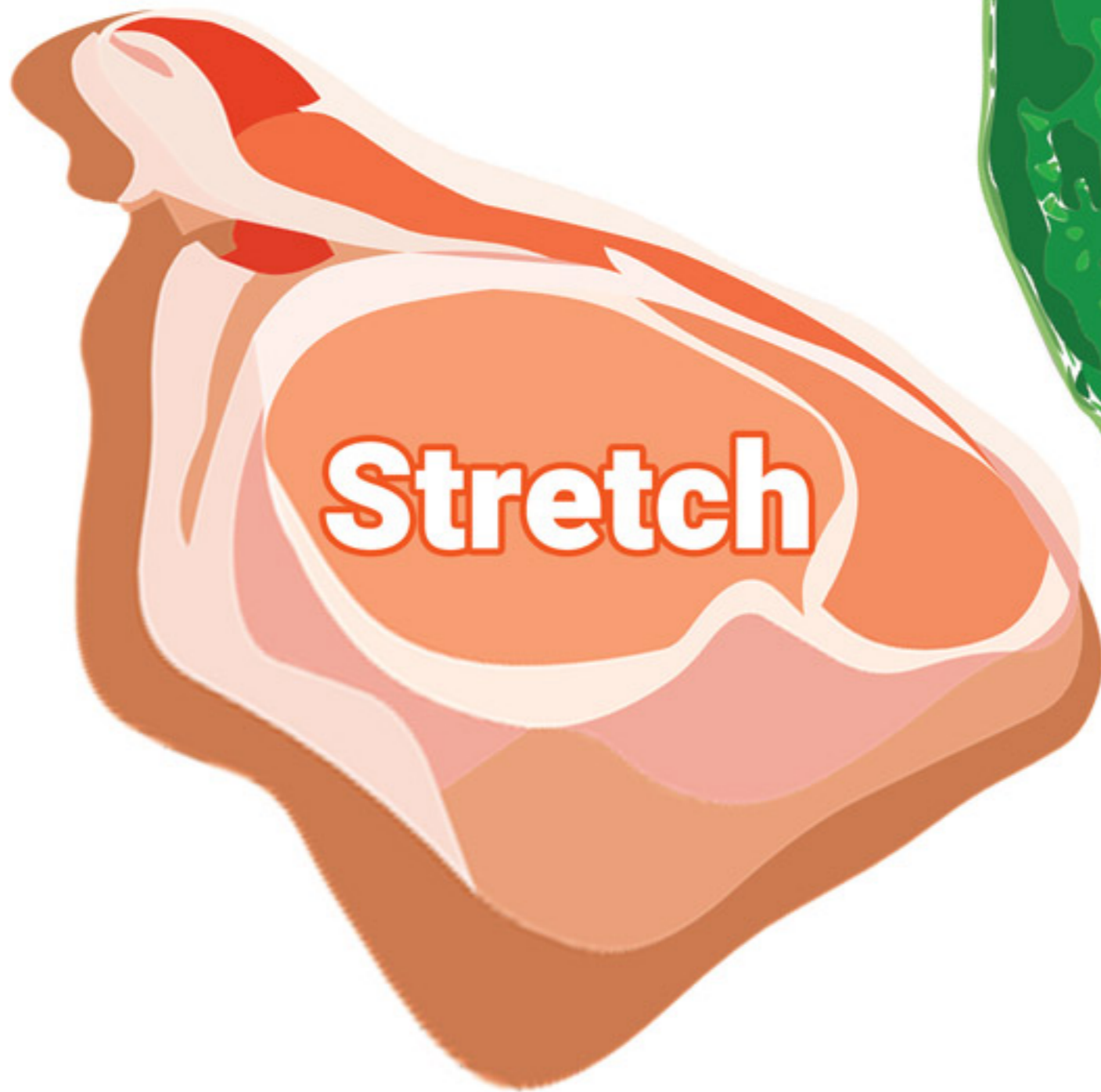
**Go for a
walk**



**Color or
draw**



**Ask to
take a
break**



Stretch



Read a story