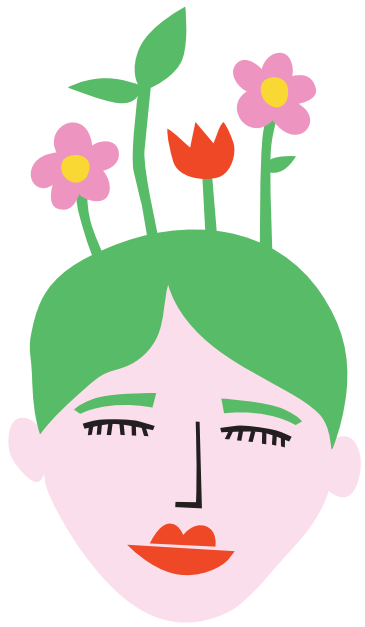


CALMING DOWN STRATEGIES



1

THINK
HAPPY
THOU-
GHTS

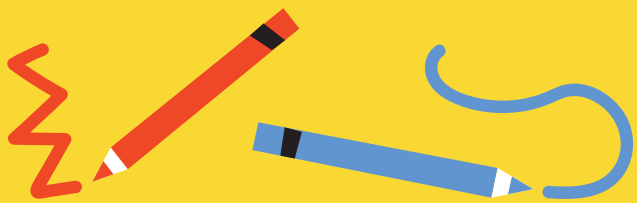
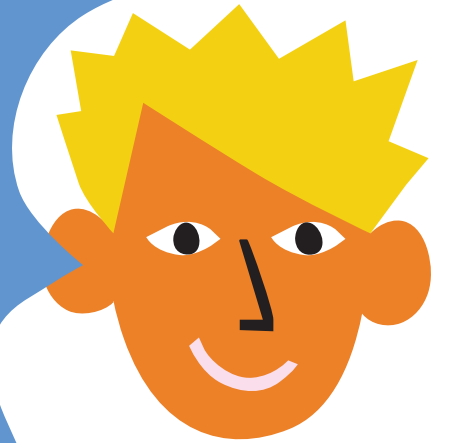


2

TAKE DEEP
BREATHS

3

LISTEN TO
SOME MUSIC

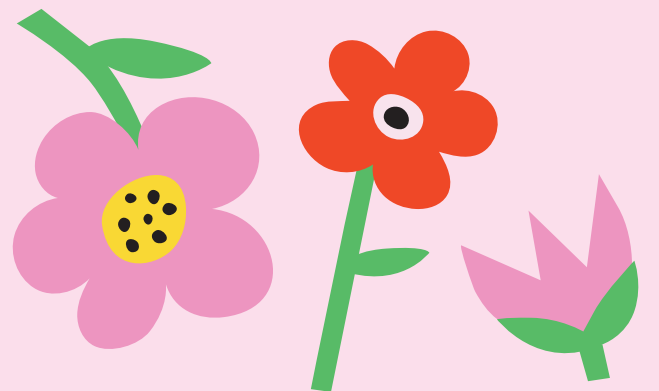


4 MIND-
FULNESS
COLOURING



5

DRINK
SOME
WATER



6.

NATURE
WALKS

7

READ A
BOOK



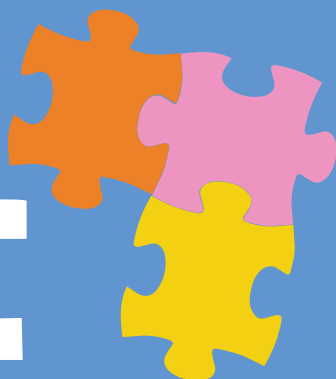
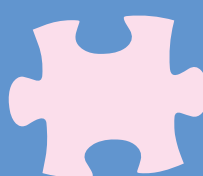
8.

TALK
TO A
FRIEND



9

BUILD A
PUZZLE



10

USE
POSITIVE
SELF-TALK