



TAKE DEEP BREATHS



HAVE A CUDDLE



READ A BOOK



SING OR LISTEN
TO MUSIC



DO YOGA



BLOW BUBBLES



IMAGINE
HAPPY THINGS



DANCE







HAVE A REST



ENJOY A TREAT



PLAY WITH A BALL



PLAY WITH A PET



HAVE A BATH



SPOT A BUTTERFLY



PAINT OR DRAW



PLAY







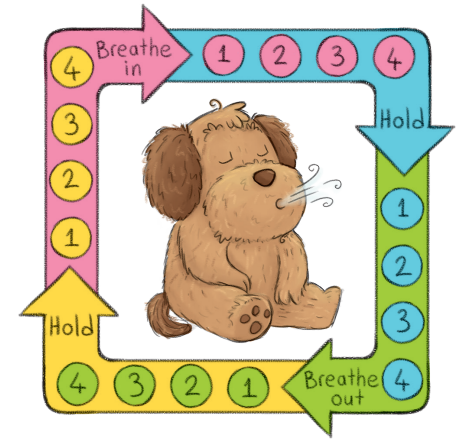
COUNT TO 10



WATCH YOUR FAVOURITE SHOW



DO RAINBOW BREATHING



TRY SQUARE BREATHING



TRY COPING STATEMENTS



TALK WITH SOMEONE



HAVE FUN OUTDOORS



NOTICE 5-4-3-2-1 THINGS



