

FRANKIE'S COPING STRATEGIES



HAVE FUN OUTDOORS



HAVE A CUDDLE



READ A BOOK



DO RAINBOW BREATHING



COUNT TO 10



BLOW BUBBLES



IMAGINE HAPPY THINGS



DANCE



PLAY WITH A PET



HAVE A REST



DO YOGA



ENJOY A TREAT



PLAY WITH A BALL



PAINT OR DRAW



HAVE A BATH



TAKE DEEP BREATHS



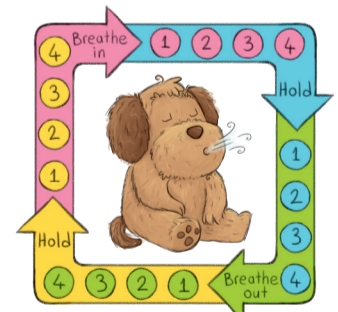
NOTICE 5-4-3-2-1 THINGS



TALK WITH SOMEONE



SING OR LISTEN TO MUSIC



TRY SQUARE BREATHING



TRY COPING STATEMENTS



PLAY



SPOT A BUTTERFLY



WATCH YOUR FAVOURITE SHOW

