

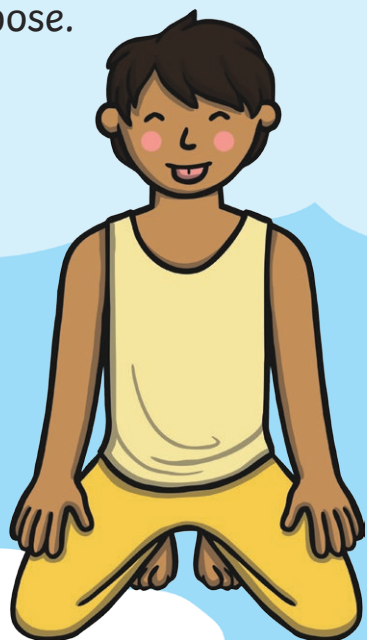
Count to 10.



Jump up and down 10 times.



Make a lion yoga pose.



Listen to calm music.



Read a book.



Draw or doodle.



Play with playdough.



Hug a cuddly toy.



Drink some water.



Think happy thoughts.



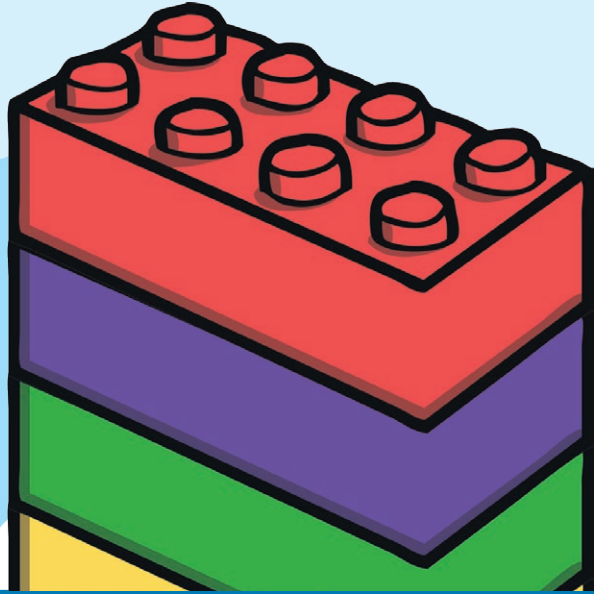
Sing a song.



Blow bubbles.



Build a tower with blocks.



Close your eyes.

