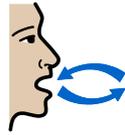




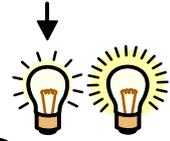
**A**rt & drawing



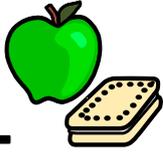
**B**reathing



**C**ount backwards



**D**im lights



**E**at a snack



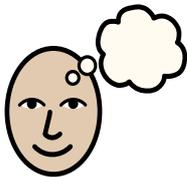
**F**idget



practice **G**ratitude



**H**umour



**I**dentify thoughts



**J**ournal



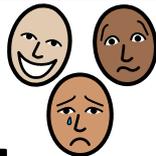
**K**eep busy



**L**isten to music



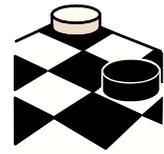
**M**ove



**N**ame feelings



go **O**utside



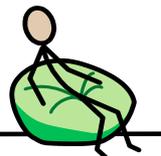
**P**lay a game



Repeat a **Q**uote



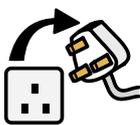
**R**ead



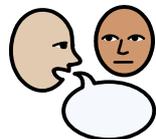
**S**afe Space



**T**ouch



**U**nplug



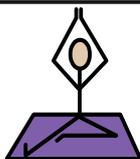
**V**ent to someone



**W**alk



e**X**tra curricular



**Y**oga or stretch



Get enough **Z**zzzz