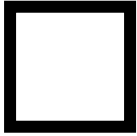
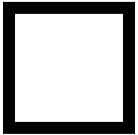


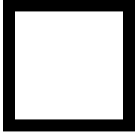
Calming Choices



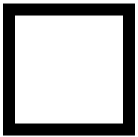
Take "5" deep breaths.
1, 2, 3, 4, 5



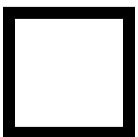
Take a walk.



Take a break.



Relax



Sit in the bean bag chair.