



Drink water



Tell an adult



Star jumps



Ask for a hug



Rest



Rub hands together



Draw



Think happy thoughts



Run on spot



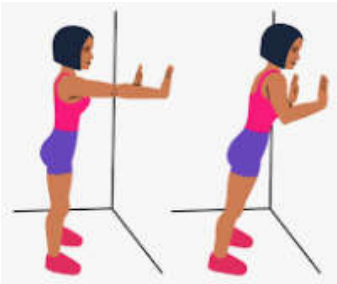
Breathing



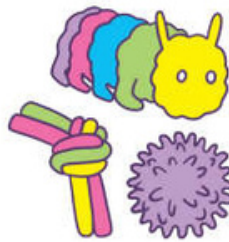
Tell an adult



Take a break



Wall push ups



Fidget toys



Walk

1 2 3 → 10



Count to 10



Quiet music



Draw



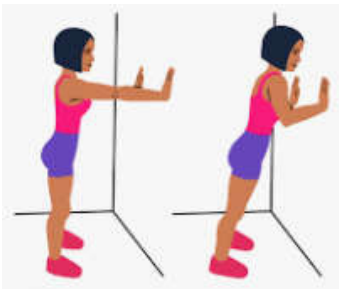
Breathing



Tell an adult



Take a break



Wall push ups



Fidget toys



Walk



Mindful
looking



Quiet music



Read



GO



Be a good
friend



Work hard



Smile