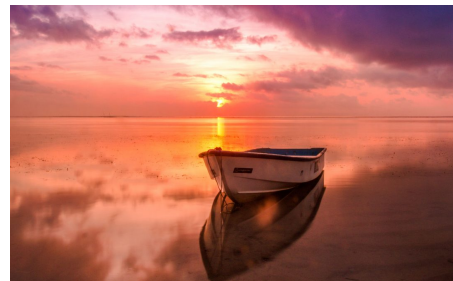




Use a fidget tool



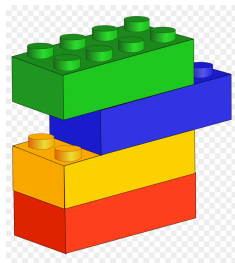
Read a book



Picture a calm place



Stretch like a star



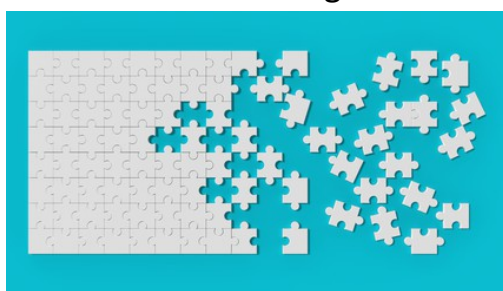
Build with Legos



Use a skipping rope



Colour a picture



Do a puzzle



Listen to music



Go to your calm down space



Do some yoga



Punch a balloon



Do a small craft activity



Draw or write what's not working



Colour a mandala



Play a 1-person card game



Play a 1-person game



Do a search-and-find page



Sing a song



Run in place for 30 seconds



Squish some putty



Shake a glitter jar



Pop bubble wrap



Crumple paper



Roll a ball under your feet



Play music



Make a bracelet



Kick a ball against a wall



Do jumping jacks



lie down in a quitter corner