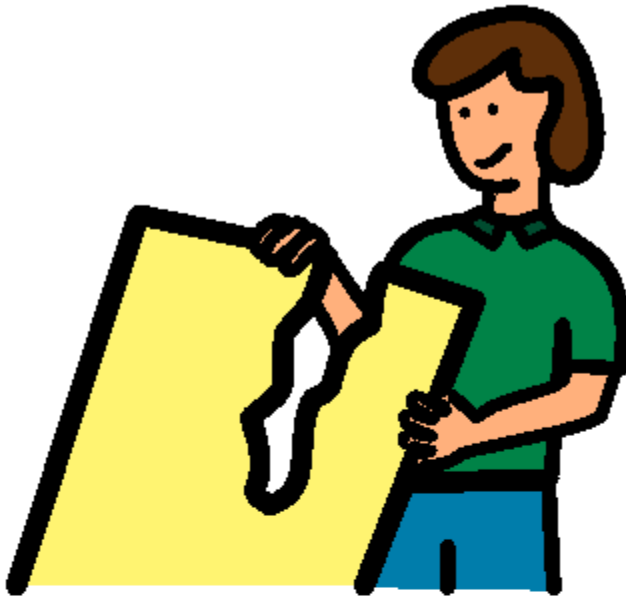
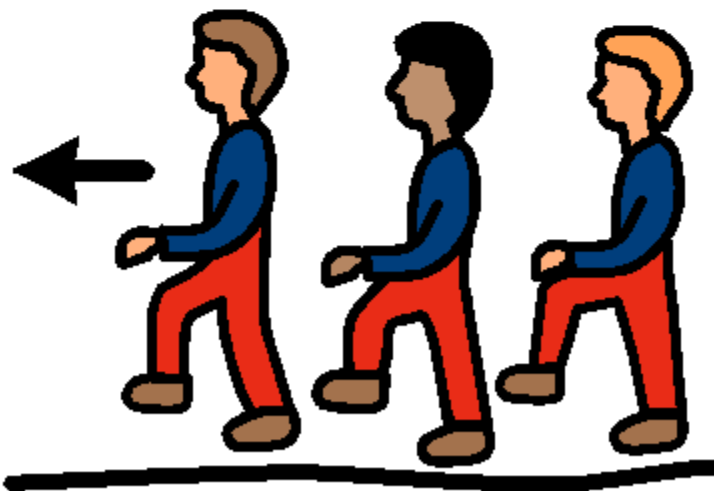


tear paper



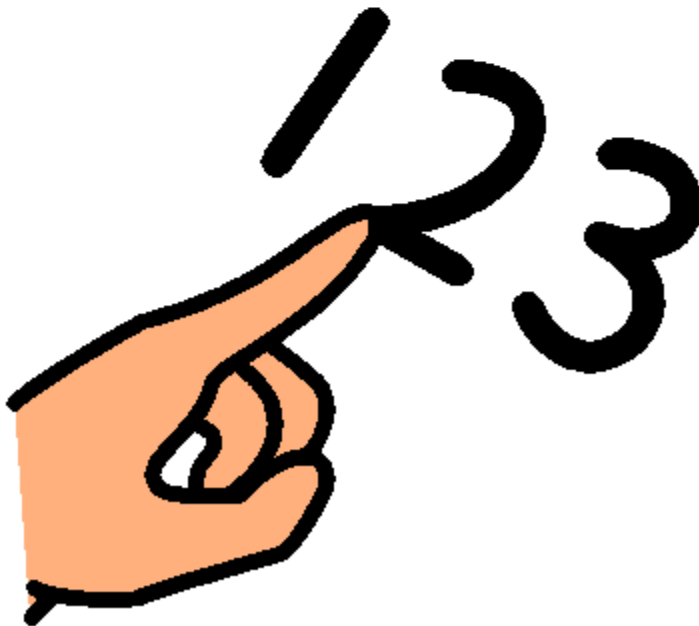
march on the spot



exercise



count to five



draw a picture



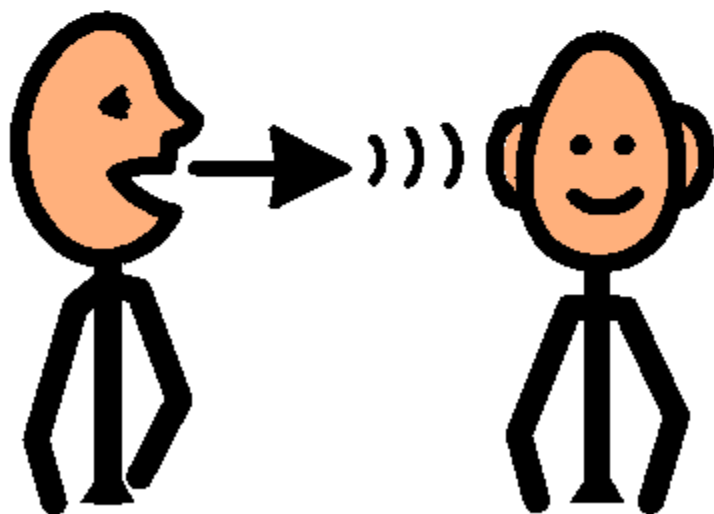
roll playdough



squeeze silly putty



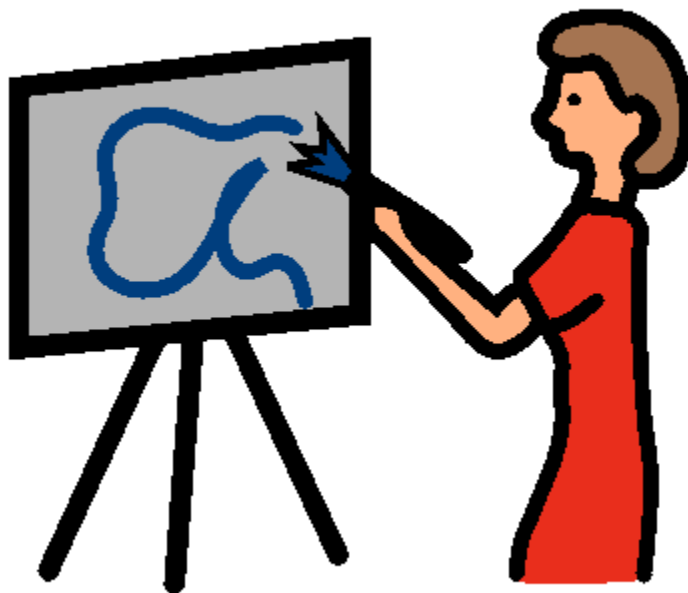
use your words



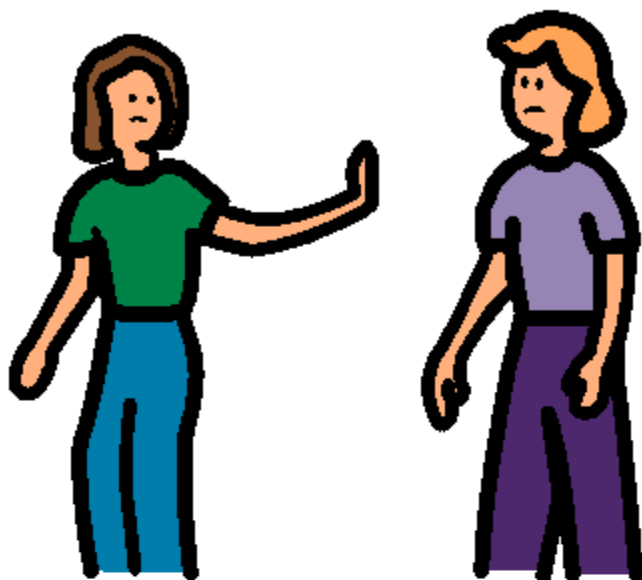
take a deep breath



paint a picture



ask for time alone



write feelings down

