



count to 5



draw a picture



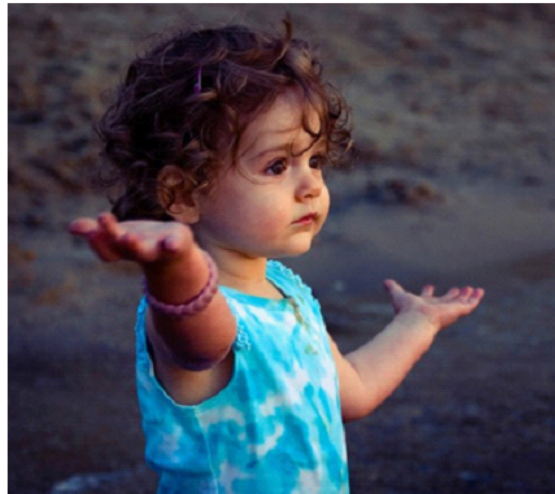
paint a picture



squeeze silly putty



march on spot



ask for time alone



exercise



tear paper



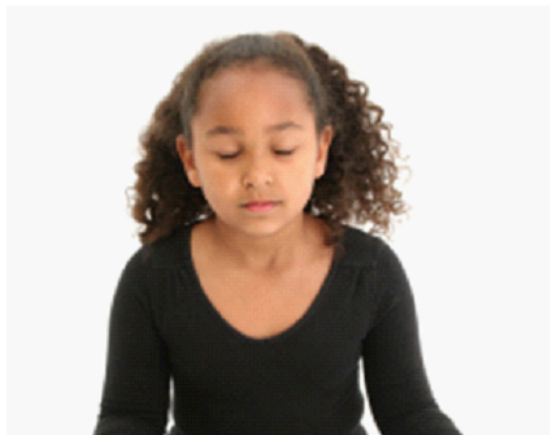
write feelings down



use playdough



use your words



take a deep breath