

What is in your toolkit?



Go outside



Read



Run



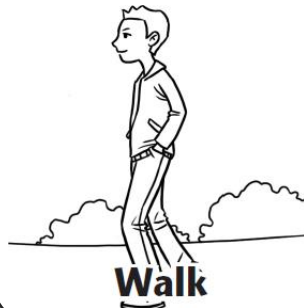
Push



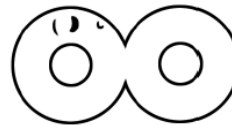
Pull



Talk to Adult



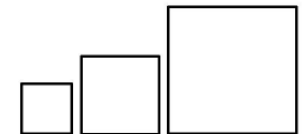
Walk



**Lazy 8
Breathing**



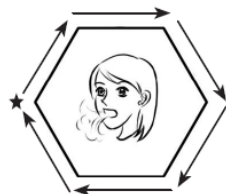
Fidget Ball



Size of Problem



Listen to Music



**Six Sides of
Breathing**



**Draw how
you feel**



Count to 20



**Your own
idea**