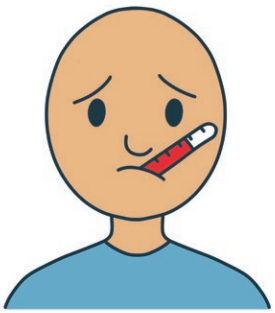
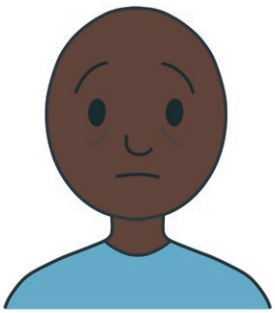


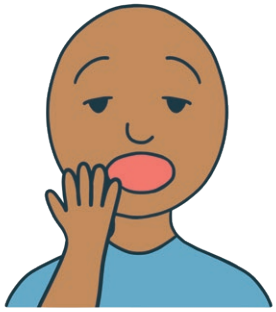
sad



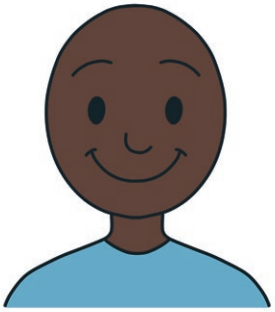
ill



tired



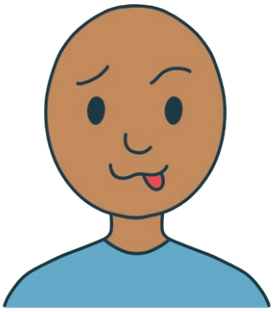
bored



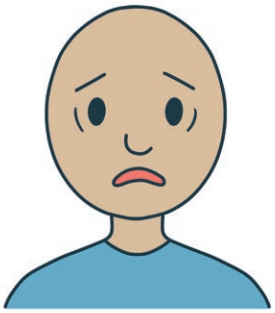
happy



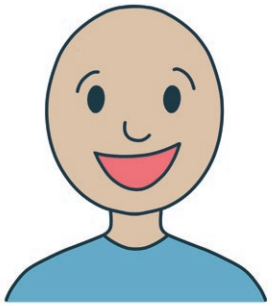
calm



silly



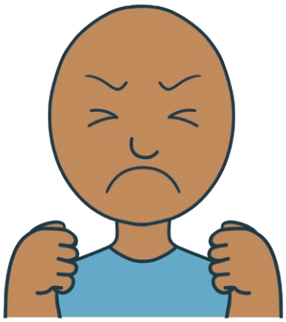
anxious



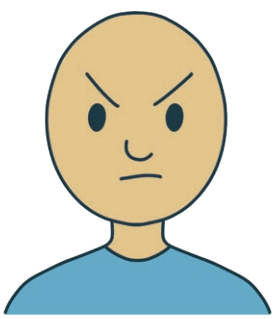
excited



scared



frustrated



angry



walk.



take a break.



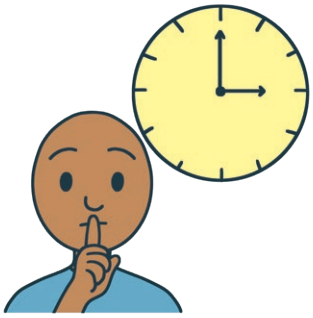
exercise.



listen to music.



read.



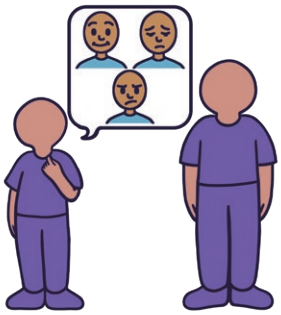
have quiet time.



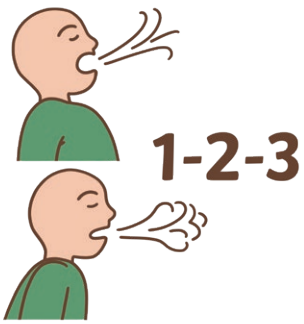
hug.



go outside.



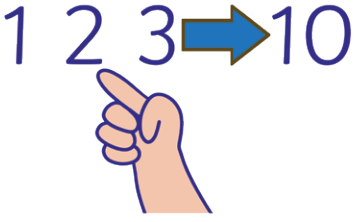
talk to an adult.



take deep breaths.



squeeze something soft.



count to 10.



have a rest.



work.



do an activity.