

Look at my
Glitter Jar



Build with Blocks



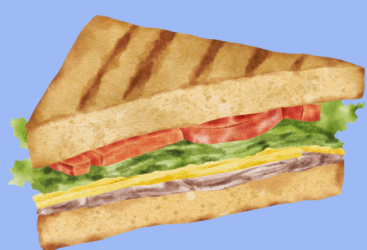
Draw or Color



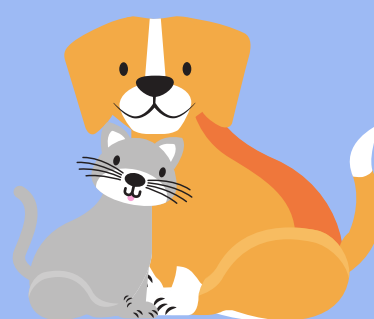
Make a Fist, Then Relax



Make or Cook
Something



Pet my Animal



Give Someone a Hug



Play Outside



Hum or Sing a Song



When I Feel Upset I can...

Listen to Music



Write a Story



Take 10 Deep Breaths



Play with
Modeling Clay

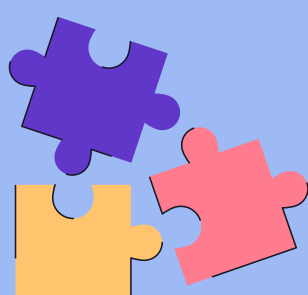
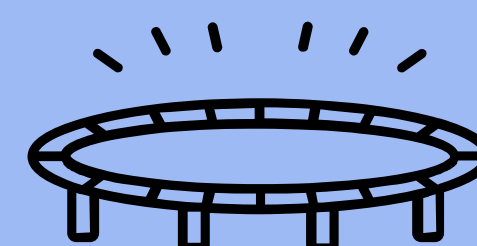


Read a Book



Write in a Journal

Do a Puzzle



Paint



Have some
Alone Time



Make Something for
Someone

