

# When I feel upset, worried or disappointed, I can...

Visualize a peaceful place



Draw how I feel



Listen to relaxing music



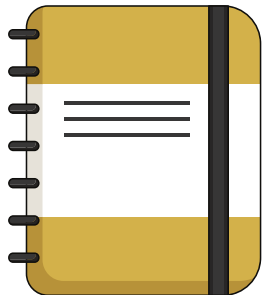
Stretch



Take a warm bath



Write in a journal



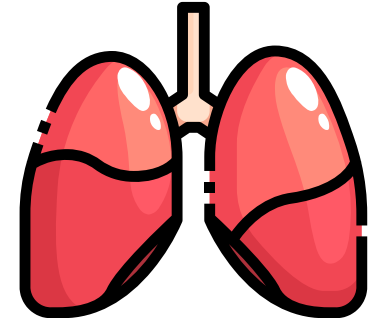
Hum or sing



Use a weighted blanket



Take 10 deep breaths



Build something



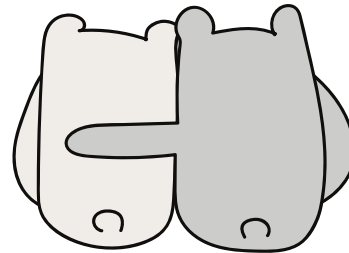
Have some alone time



Pet an animal



Give someone a hug



Jump on a trampoline



Look at my glitter jar

