

I can **weather** the storm. I can help myself **feel calm**:



glitter bottle



exercise



pillow



nature



journal



stretch



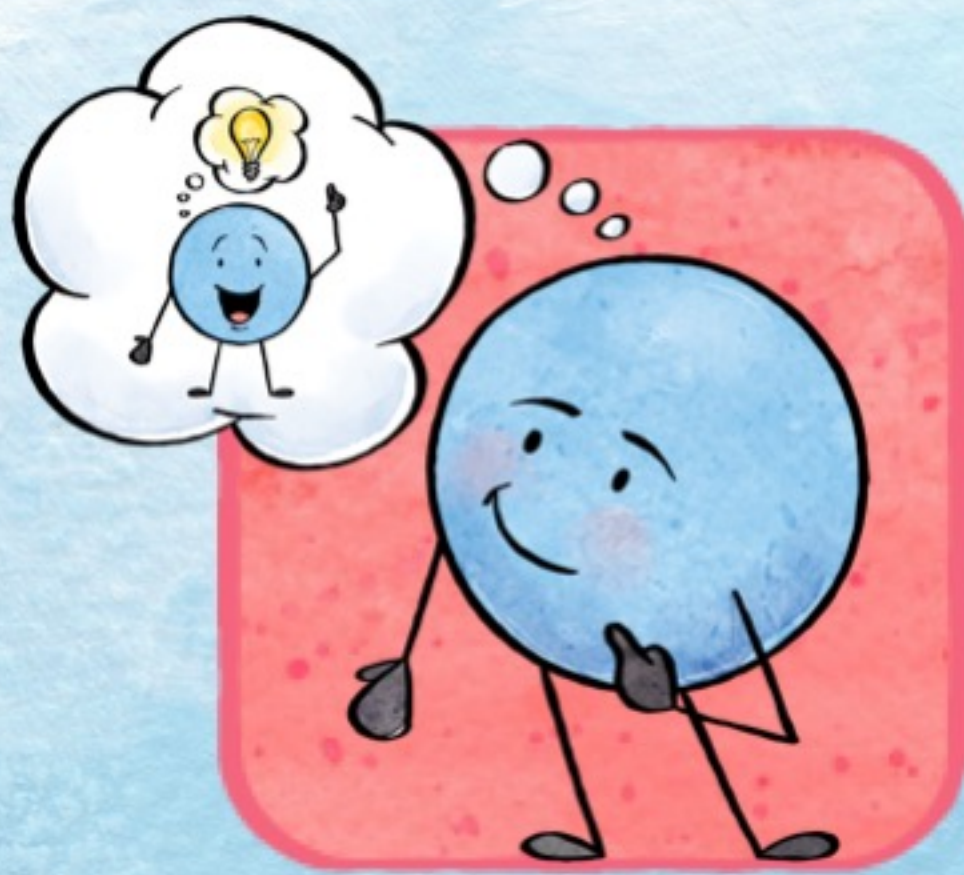
controlled breathing



read



stress ball



positive thinking



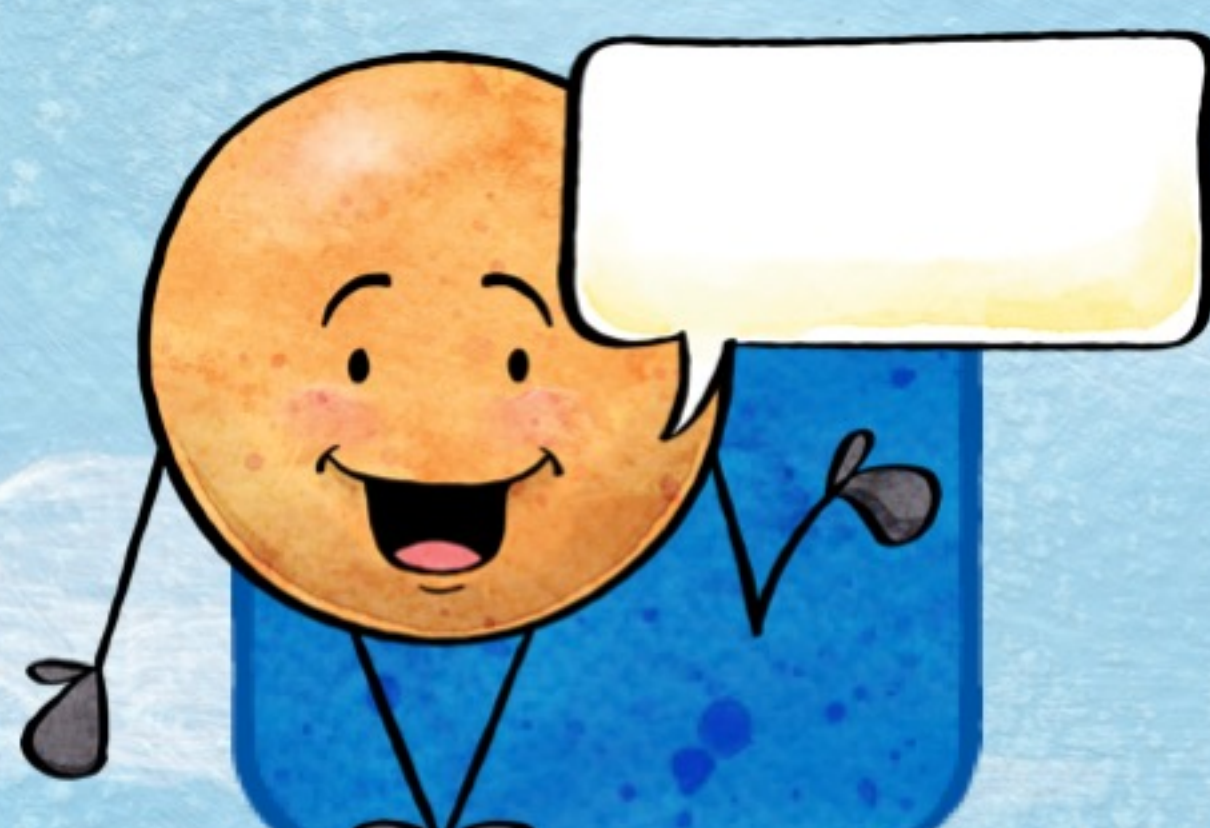
stuffed animal



brain teaser



music



talk about it

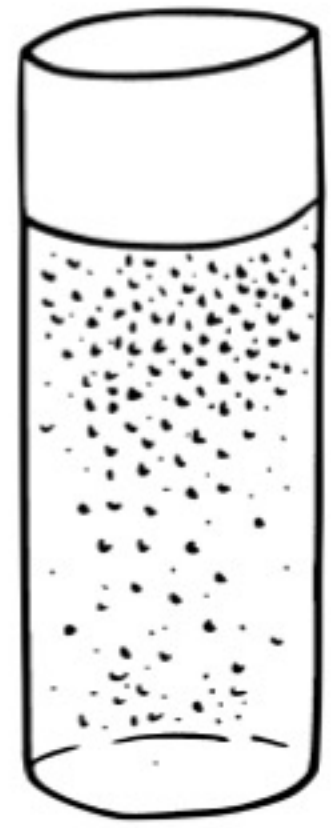


calm coloring

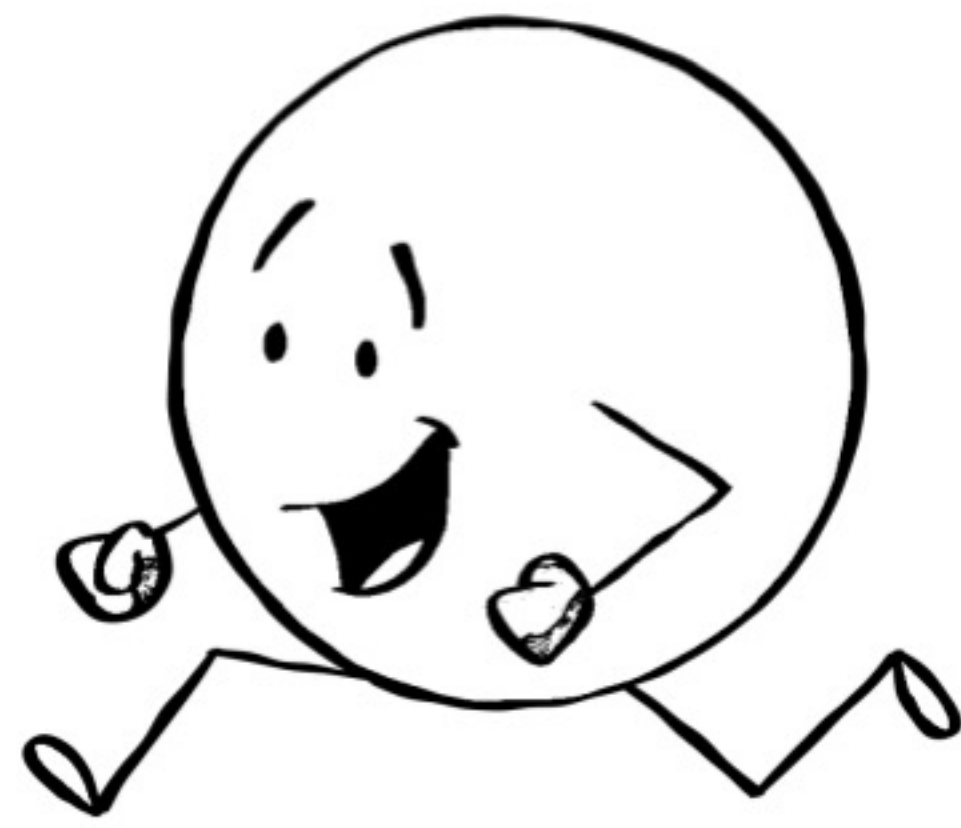


squishy ball

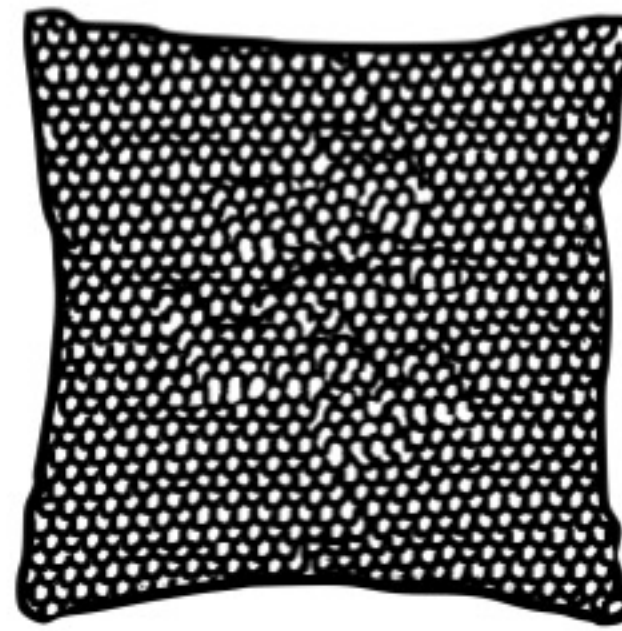
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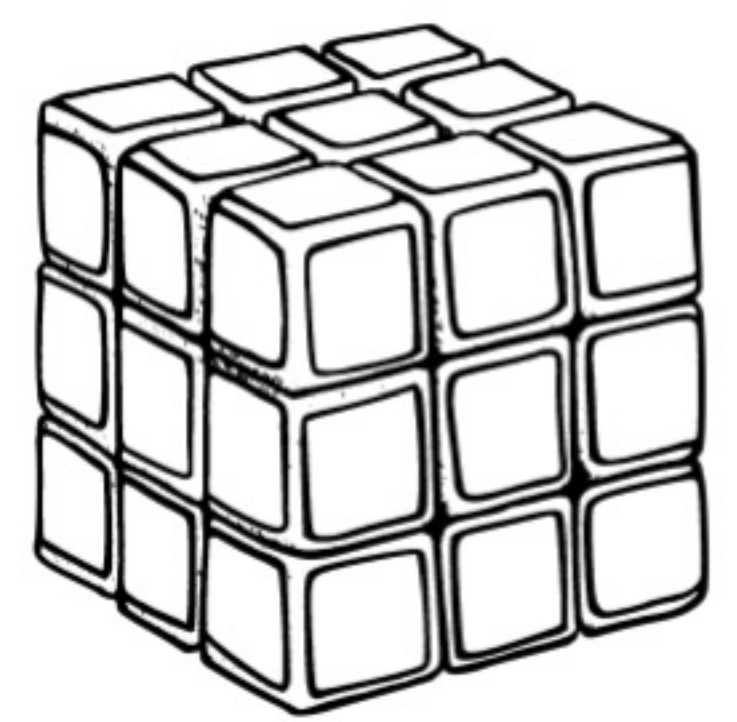
stress ball



positive thinking



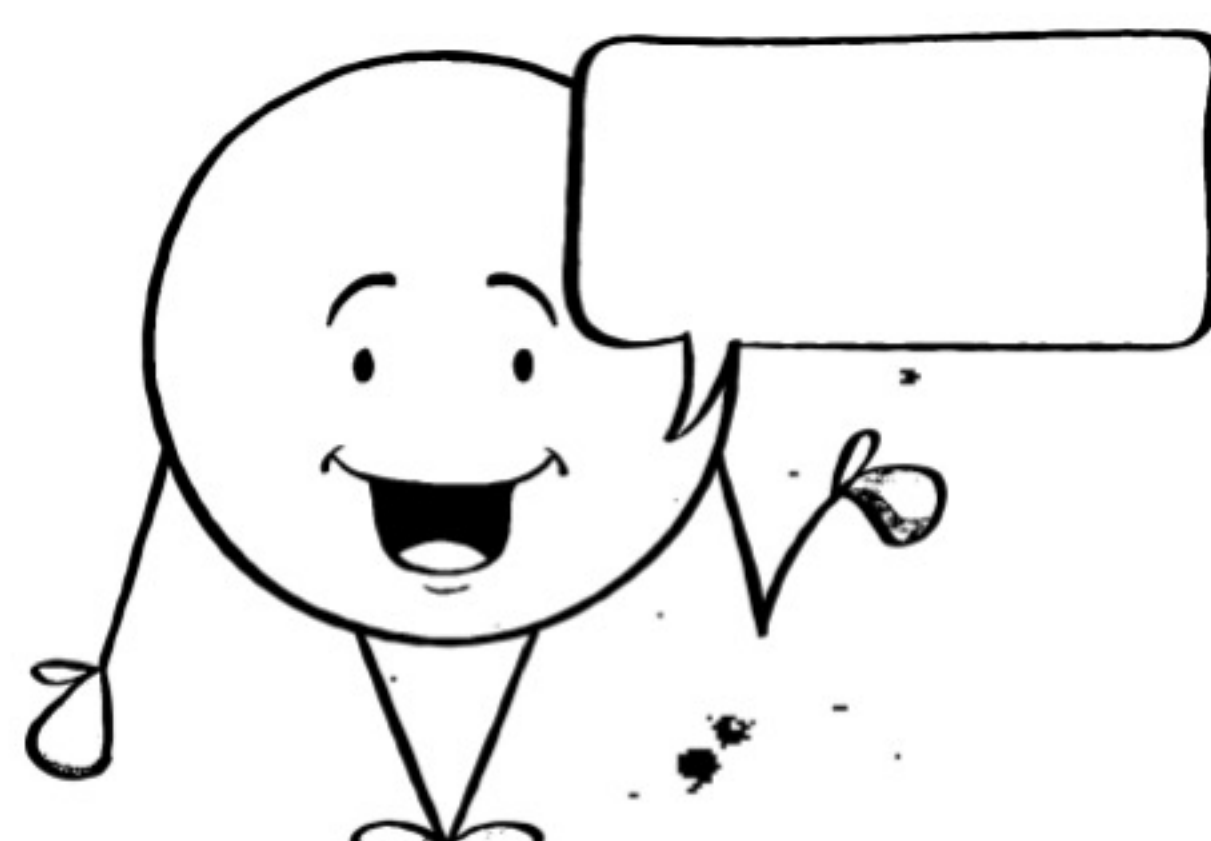
stuffed animal



brain teaser



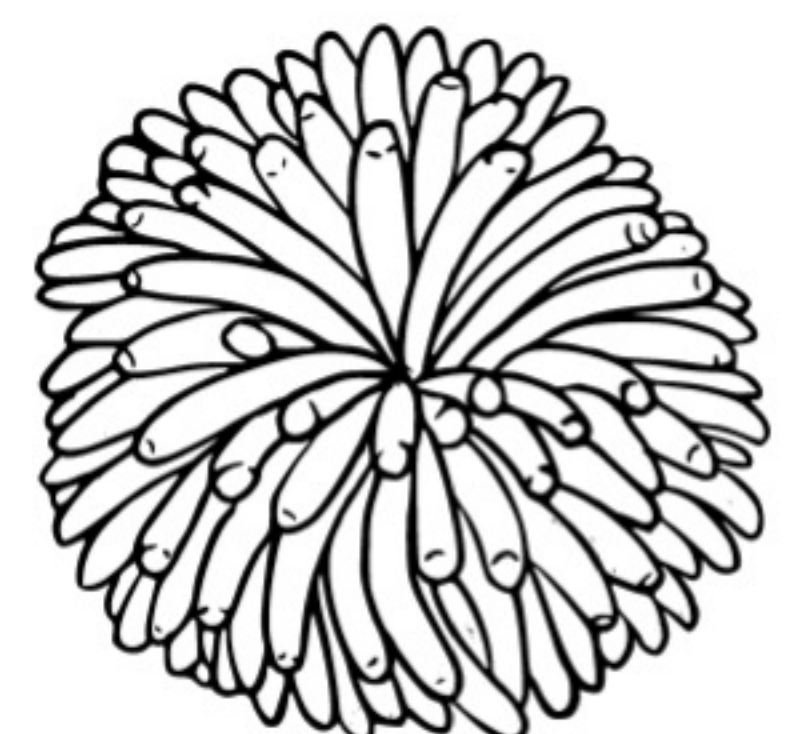
music



talk about it



calm coloring



squishy ball

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Happy counseling!
COUNSELOR *Keri*

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