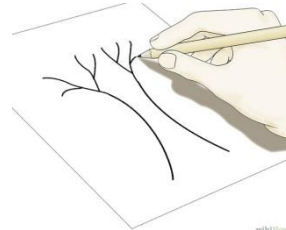




Breathe deeply



Talk to the teacher



Draw a picture



Talk to a friend



Read a book



Listen to music



Go for a walk



Play a sport



Colouring



Bake something



Have a bath



Time out / Quiet time



Spend time with a pet



Punch a pillow



Write it down



Tell Mum or Dad