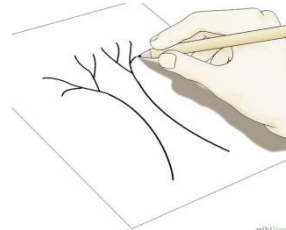




**Breathe deeply**



**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**