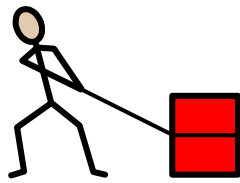


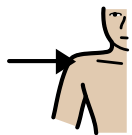
bounce



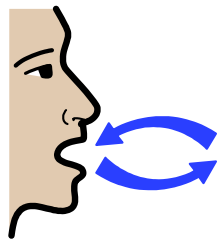
pull



music



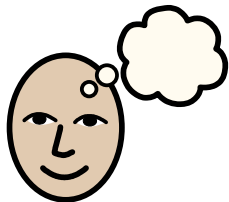
shoulder rub



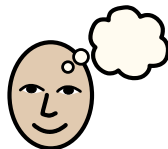
breathe



rest



think



think



think its



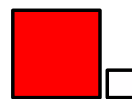
its ok



I can do it



not a



big

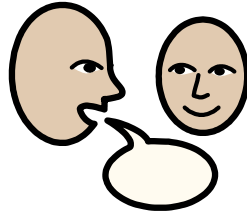


problem

# Tools Ideas



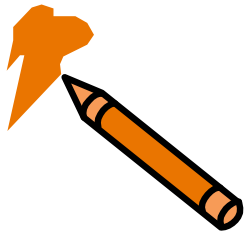
hug



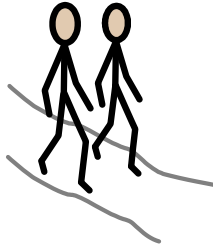
talk



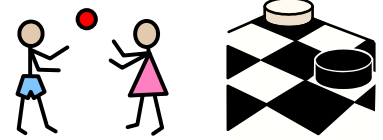
read



colouring

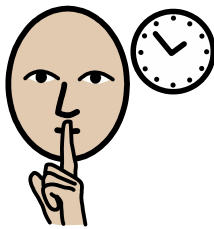


walk

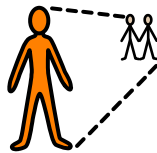


play

game



quiet time



alone

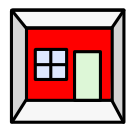


time

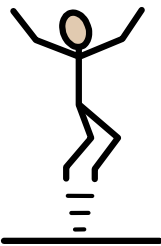


push

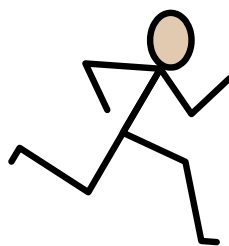
the



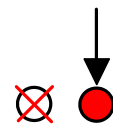
wall



jump



run



do something else