

I Can Calm Down!!

Strong Like a Stick, Limp Like a Noodle



Smell the Hot Cocoa



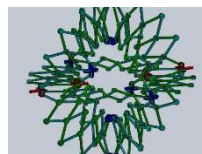
Five Finger Breathing



Blow Out a Candle



Take 5 Breaths with the Breathing Ball



Do 5 Eagle Stretches

