

STRATEGIES TO HELP ME WITH EMOTIONAL REGULATION

LIFT SOMETHING HEAVY



STRETCH

SQUEEZE AND RELEASE



TALK TO AN ADULT

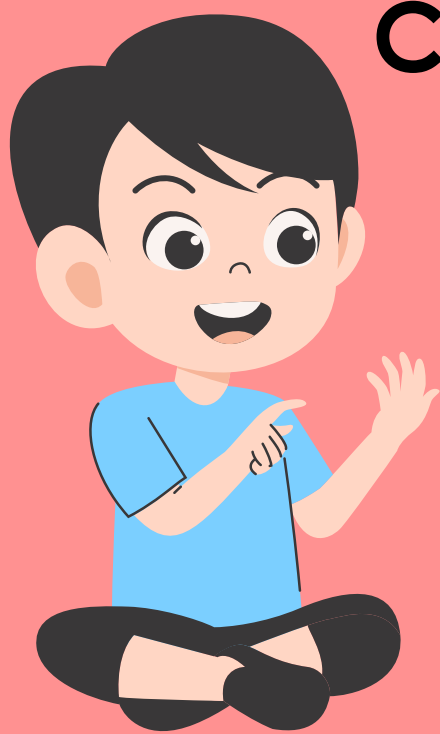


HAVE A SNACK

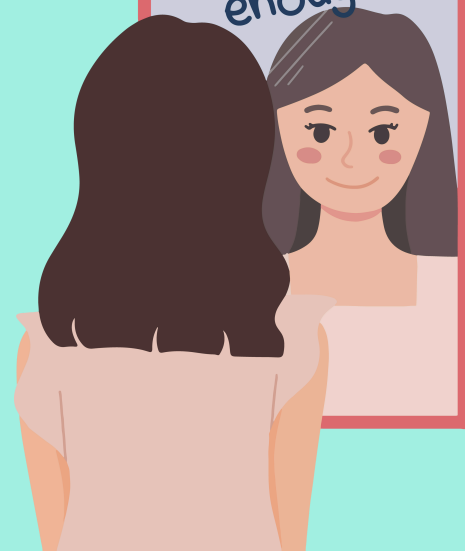
DRAW



COUNT



You are enough!



SELF TALK

WALL PUSH UP



HAVE A REST



BREATHE



THINK OF A CALM PLACE

