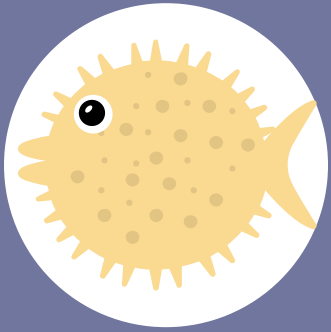


Four ways to calm and regulate emotions



Puffer Fish Puff

Fill your cheeks with air and hold for 5 seconds



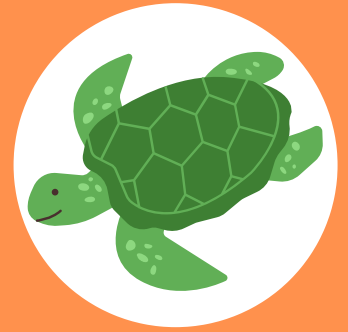
Clam Cuddle

Place your hands on the opposite shoulders and squeeze



Turtle Tongue

Stick your tongue out and quickly hide it again



Starfish Stretch

Place your arms up over your head and stretch out wide, stretch your legs out wide too