

# *Daily Greeting*



*Wave*



*Fist Bump*



*High Five*



*Hug*



*Dance*



*Hand Shake*



**Smell the Flower**



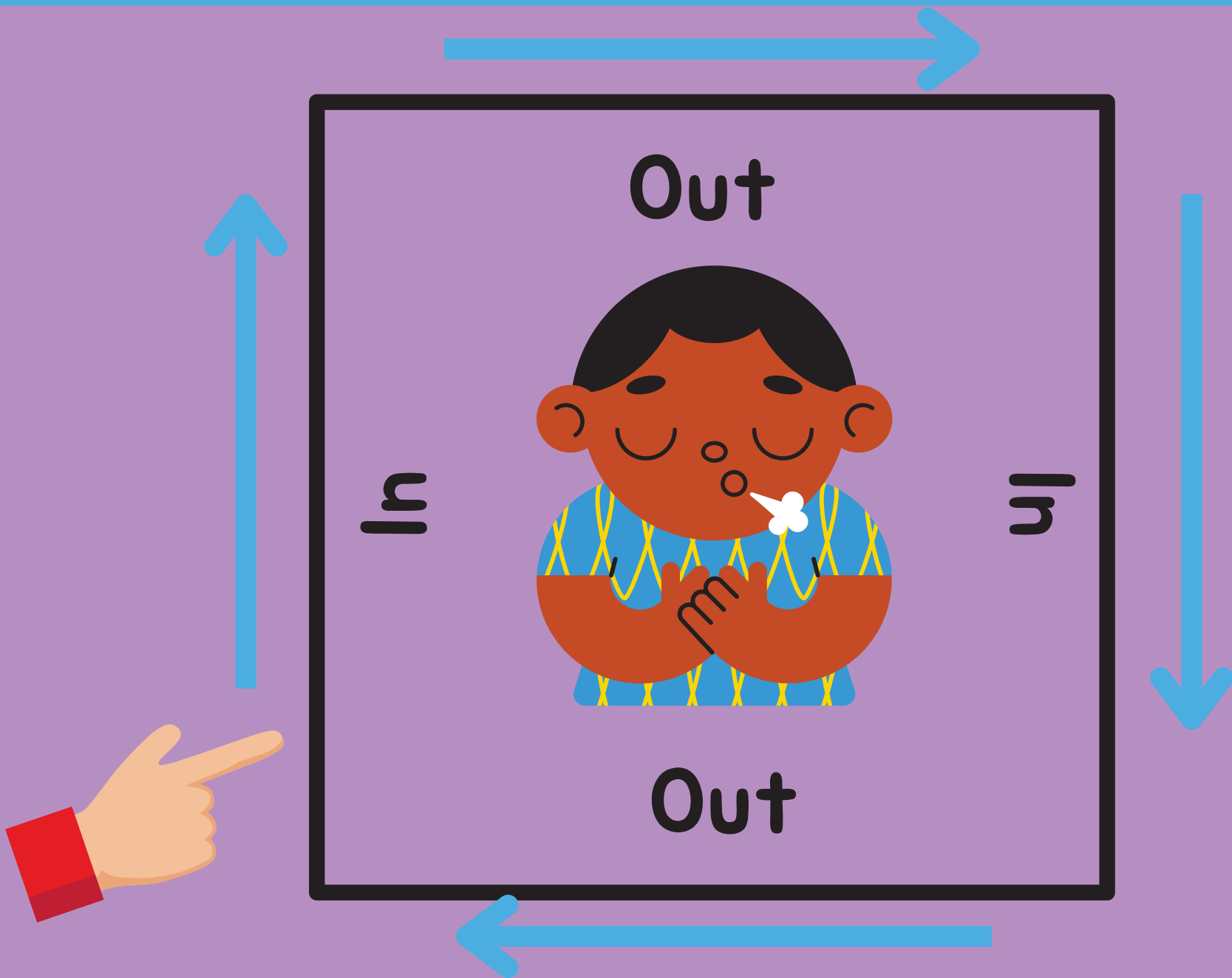
**Blow out the  
Candles**



**Arms up- breath  
in**



**Make a rainbow-  
Arms down -  
breath out**



Trace the shape with you finger

# CALM SPACE

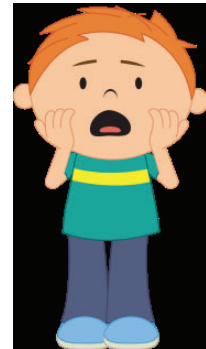
When I feel...



Sad



Angry



Scared

I can...



Breathe



Book



Water



Rest



Count



Hug