

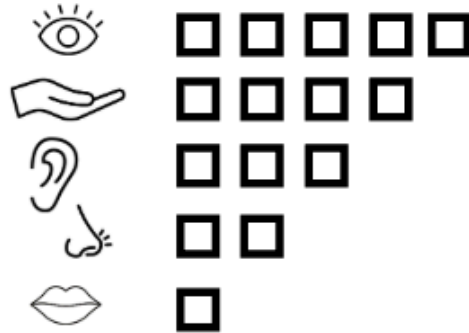
# Coping Cards



## Star Breathing

Slowly trace the star with your finger. As you move up each point, breathe in, and as you move down, breathe out.

## 5-4-3-2-1 Seek & Find



## Animal Moves

Dog tail wags

Snake squeezes



Butterfly taps

Elephant stomps



Rabbit hops

## I need help taking a break



## Squeezing Lemons



Imagine you're holding two lemon halves.

Slowly breathe in their fresh scent.

Squeeze the lemons as hard as you can.

Feel the juice running down your arms.

Take a deep breath, drop the lemons, and relax.

## Slow Stretches



## Triangle Check-in



When I feel

I can