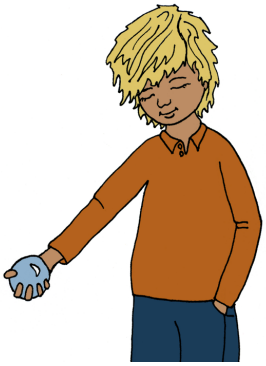
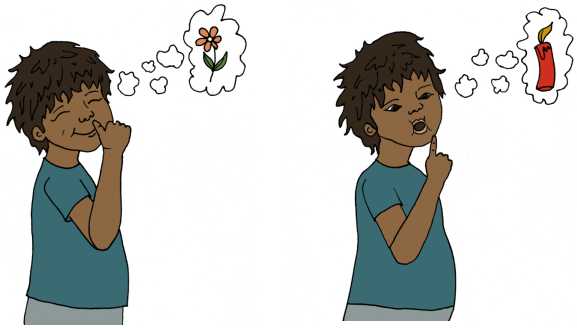
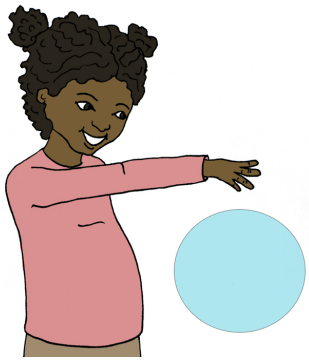
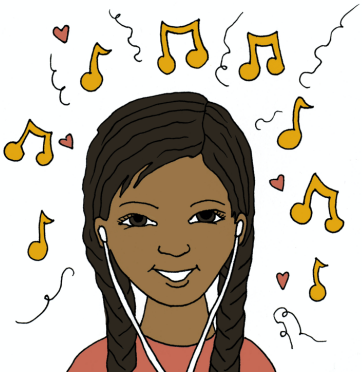
Emotional Regulation Options

Squeeze a Ball 	**Slow Deep Breaths**
Wall Pushups 	**Smell a Flower/Blow out a Candle** 
Hug Something 	**Do a Drawing**

Emotional Regulation Options

Bounce a Ball 	**Blow Bubbles**
Count to Ten 	**Chair Pushups**
Listen to Music 	**Take a Break**