



Butterfly Breathing



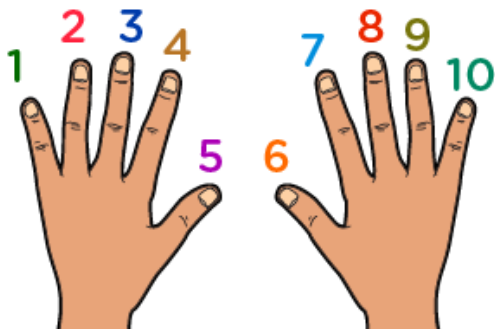
Butterfly Breathing



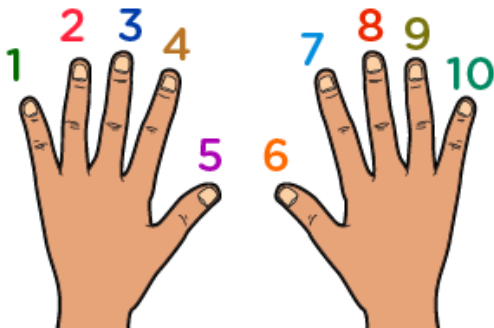
Journal



Journal



Count to Ten





Count to Ten

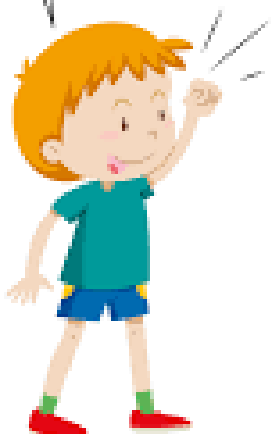


Art



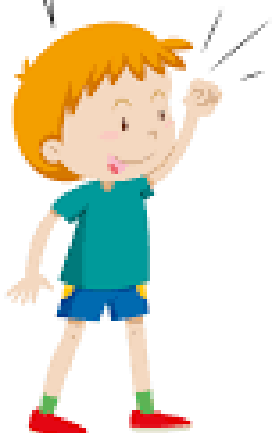
Art

I can do it!



Self-talk

I can do it!



Self-talk



Yoga



Yoga



Mindfulness



Mindfulness



Play





Play



Tell Friend



Tell Friend



Music





Music