



# Aa

## Art and doodling



# Bb

## Squeeze a stress ball



# Cc

## Count to 0 from 30

543  
21



# Dd

## Deep Breathing





# Ee

Eat a snack and  
drink water



# Ff

Find a  
safe space



# Gg

Practice  
Gratitude



# Hh

Hug a stuffed  
animal

