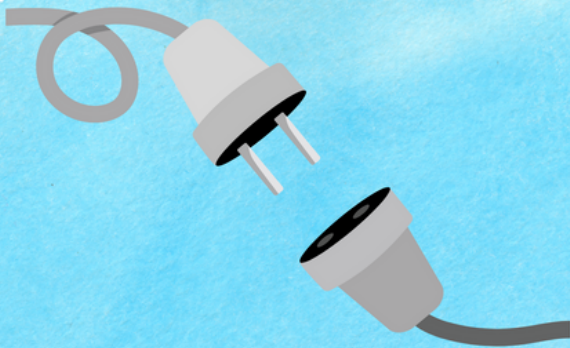




Qq

Have some
quiet time



Rr

Read books



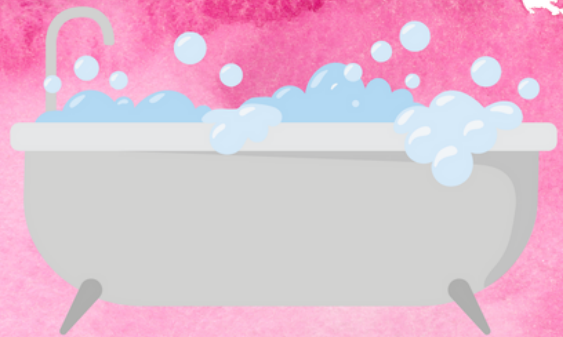
Ss

Do some stretches



Tt

Take a bath





Uu

Use fidget toys



Vv

Visualize a happy place



Ww

Watch a funny video



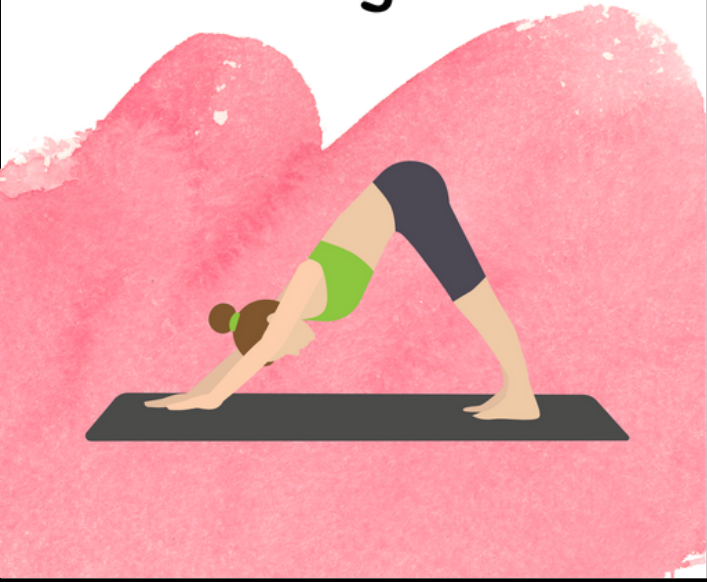
Xx

Exercise





Yy
Yoga



Zz
Sleep

