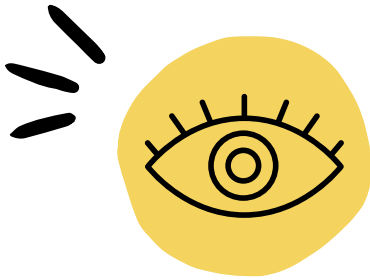
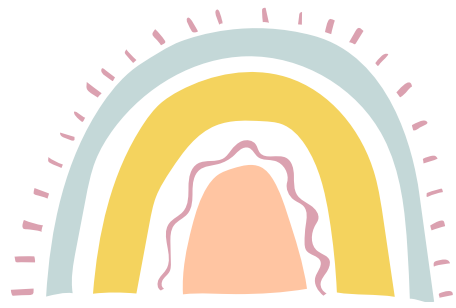
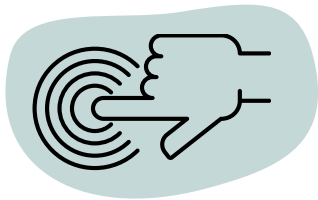


CALMING STRATEGY



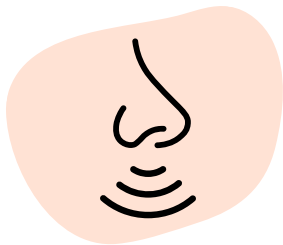
5 THINGS YOU CAN SEE



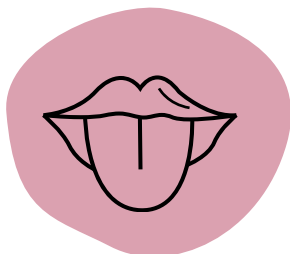
4 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE

THINK OF EACH OF THESE THINGS TO HELP CALM YOUR MIND.