

**I CAN
CALM
DOWN**

I'VE DONE IT BEFORE

**IT'S NOT
THE END OF
THE WORLD**

**IF I HAVE A MELTDOWN- IT'S HAPPENED A
LOT AND THINGS ALWAYS TURN OUT
ALRIGHT IN THE END**

**I AM
SAFE
AND
LOVED**

**GET UP
AND MOVE!**

- JUMPING JACKS**
- PUSH UPS**
- SILLY DANCE**
- SHADOW BOXING**
- TAKE A WALK**
- GO TO THE NEXT ROOM**