





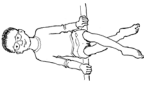





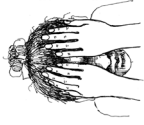







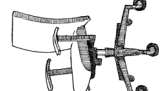
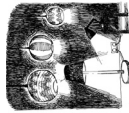












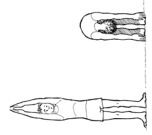



Fast and Emotional (with visuals)

Bubble Breath 	Breathing-Feelings Check-In 	Deep Pressure Leg Massage 	Find Your Light 	Hand Rub 	Wrist Cross 	Leg Cross 	Positive Self-Talk/Affirmations 	Progressive Muscle Relaxation 	Hand Hold 
Ear Massage 	Feel where your body is 	Eye Palming 	Invert Your Head 	Mindfulness 	MP3 player 	My List of Ten 	"Draw and Joy" Journaling 	Yoga ball 	Wearable fidget/rubber keyring bracelet 
Swivel chair 	Incandescent light/natural light 	Mandalas 	Binder / multi-subject notebook 	Backpack or bag 	"Husband" pillow 	"Pet" bed pillow 	Sketch the Lesson 	Cool down/chill out area 	Laundry basket stuffed with pillows 
Downward Dog 	Bow Pose 	Reverse Table 	Child's Pose 	Sunrise, Sunset 	Windmill 	Kissing Knees 