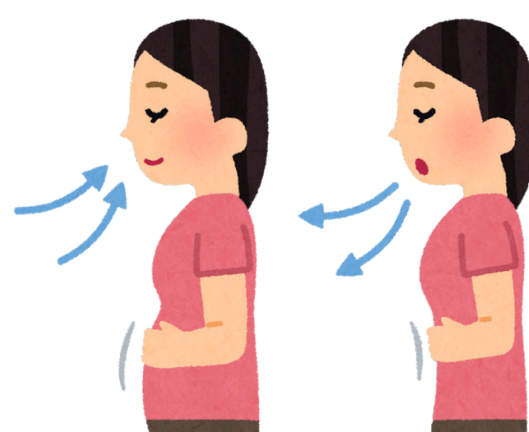




FEEL BETTER CHOICES

When I feel upset, I can...



deep breathing



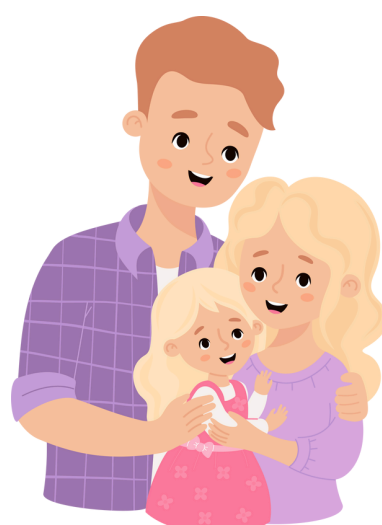
drink water



draw



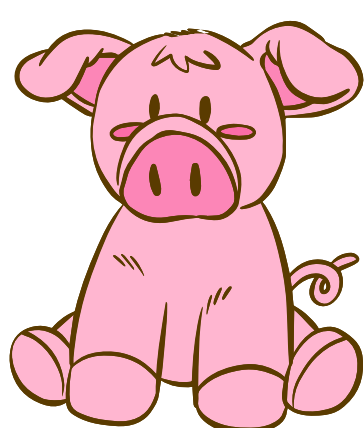
take a nap



hug mom or dad



play something different



hug a stuffy



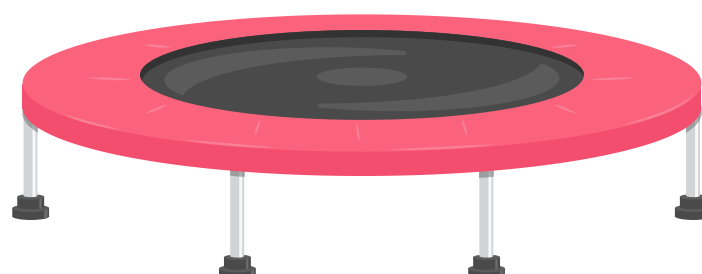
read a book



have a snack



use a fidget



jump on trampoline



fish breathing video



BC Centre for Ability

Beyond challenges—the sky's the limit