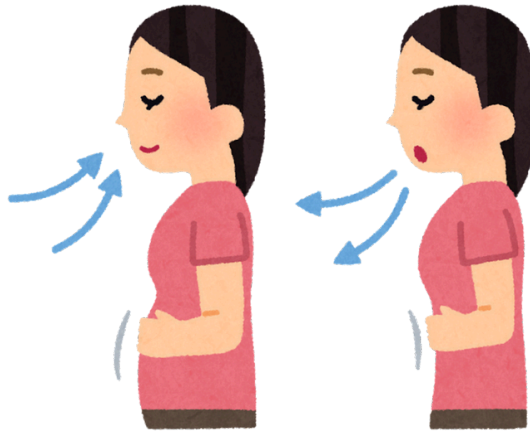




CALMING STRATEGIES

When I feel upset, I can...



take deep breathes



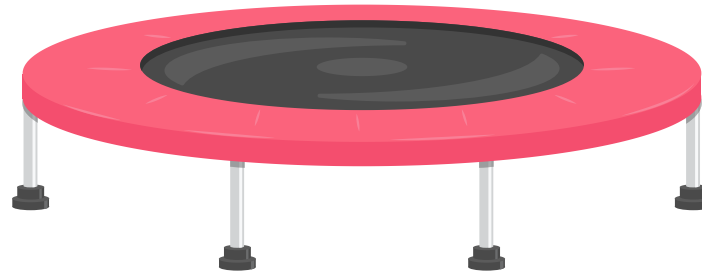
drink water



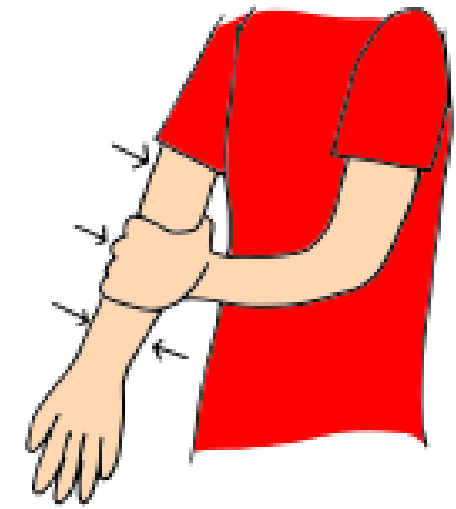
draw



go for a walk



jump on trampoline



arm squeezes



listen to music



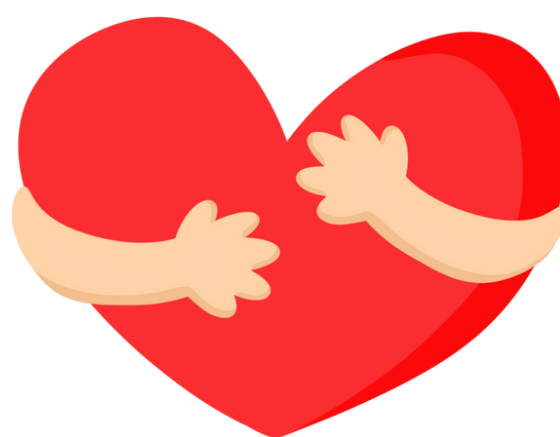
read a book



ask for help



use a fidget



get a hug



movement break



BC Centre for Ability

Beyond challenges—the sky's the limit

October 2024