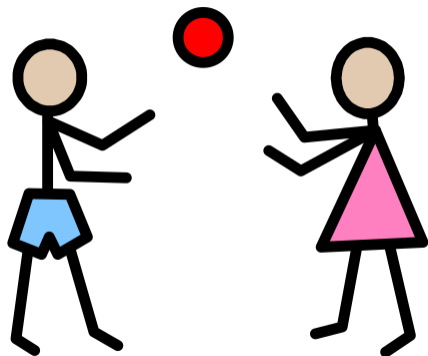


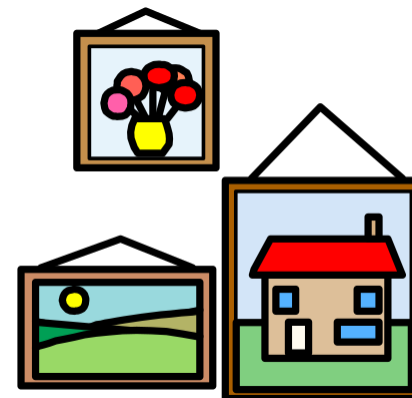
Let's Feel Better!



Play a game with your friends



Write a story



Draw a picture



Take a nap

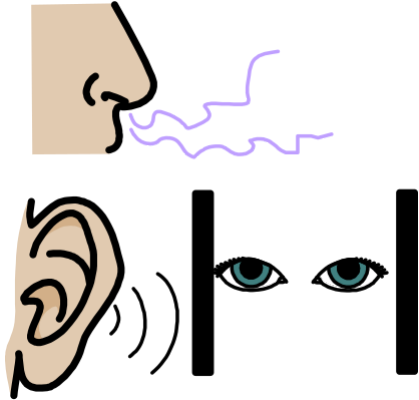


Read your favourite book

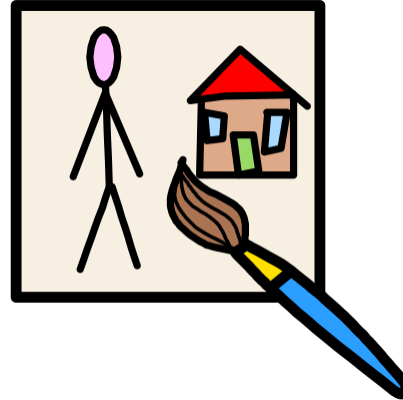


Listen to music

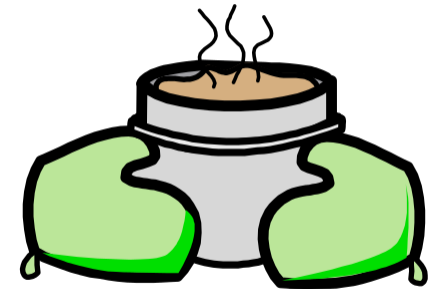
Let's Feel Better



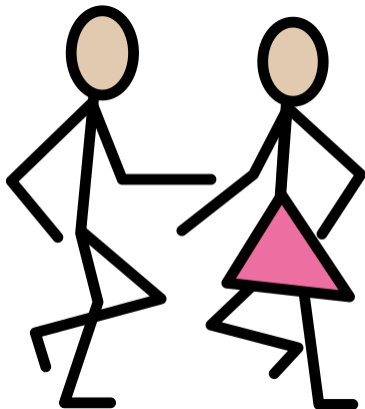
Use your sensory box



Do some painting



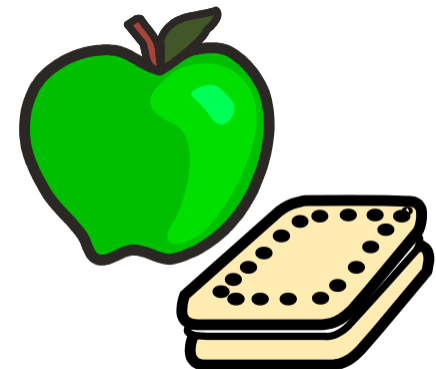
Do some baking



Dance to music

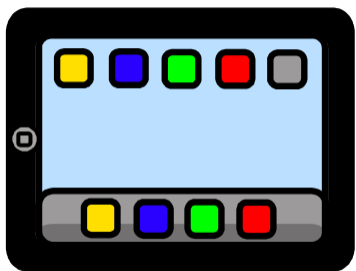


Have a drink

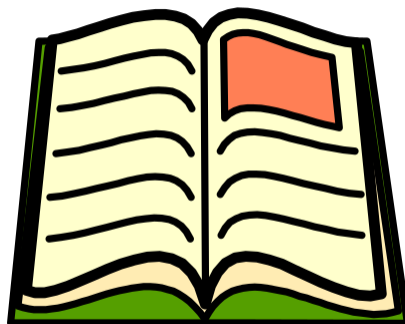


Have a snack

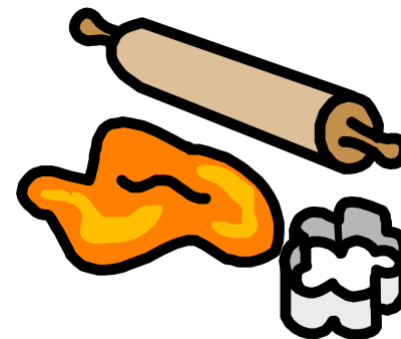
Let's Feel Better!



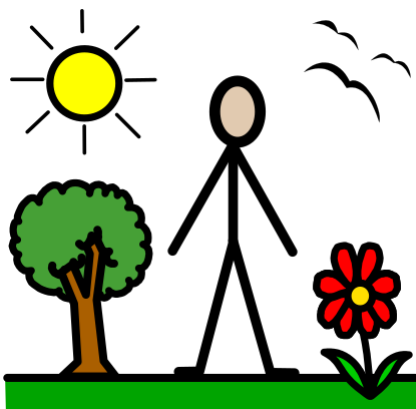
Use a calming app on your
tablet



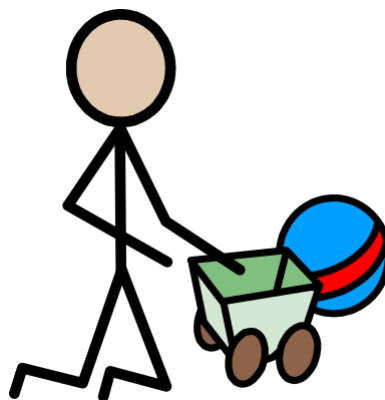
Listen to a story



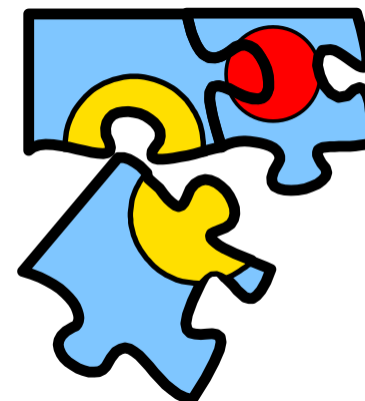
Use playdough



Have a walk outside



Play with your favourite toy



Do a jigsaw