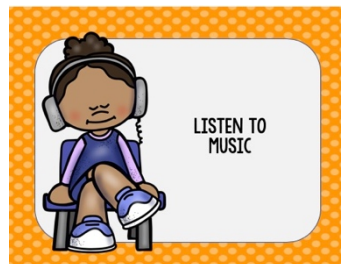
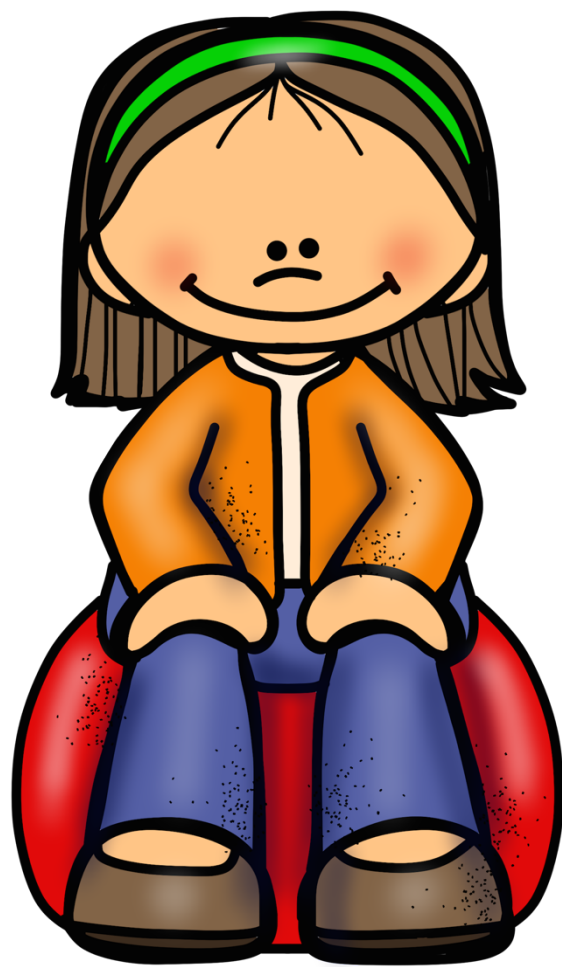


# CALMING CARDS



20 CARDS

M. BOSSENMEYER, ED.D.



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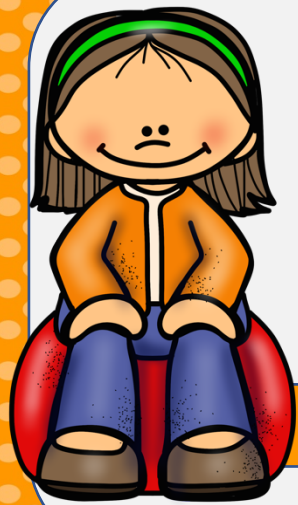
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# CALMING CARDS

20 CARDS

M. Bossenmeyer, Ed.D.



BREATH  
OUT  
SLOWLY



CHEW GUM



COUNT TO 10





GO FOR  
A WALK



TALK TO  
A FRIEND

GET A DRINK OF  
WATER

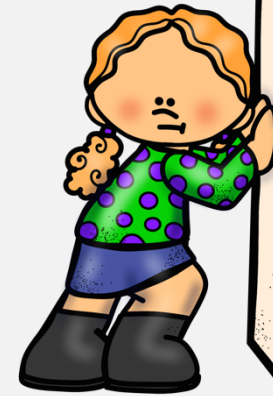


EXERCISE





LISTEN TO  
MUSIC



PUSH

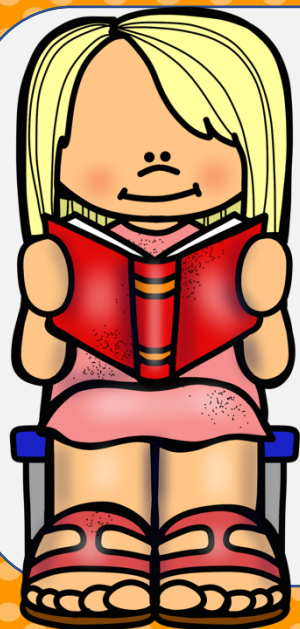
THINK HAPPY  
THOUGHTS



DO JUMPING  
JACKS





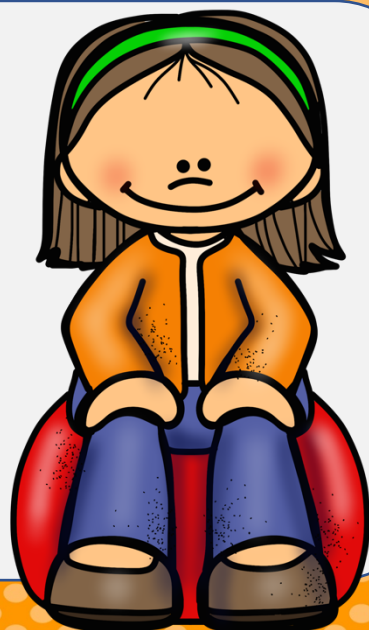


READ A BOOK

RELAX IN A  
COMFORTABLE  
SPACE



SIT ON  
A  
BODY BALL



SQUEEZE A  
STRESS BALL

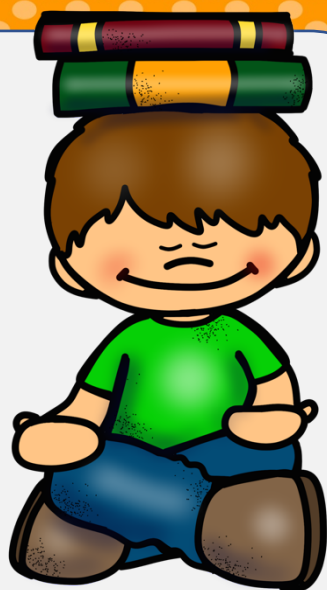




PLAY WITH  
BLOCKS



GO FOR  
A WALK



DO YOGA



YOGA POSES



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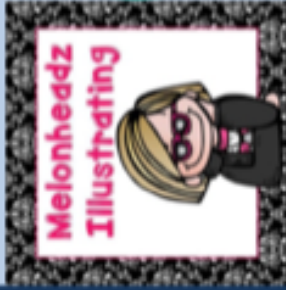
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# Favorite Designers



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Exercise

Skip

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