

Using ways to calm down

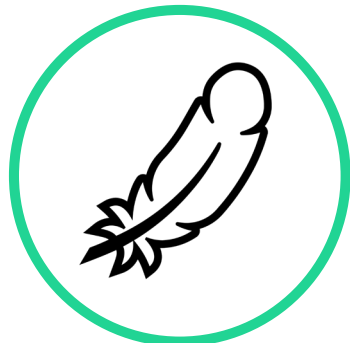
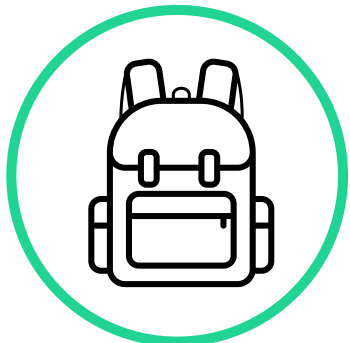
Discovering what you like

Belly breathing

Physical activities



Body scanning



Helping others

Saying feather words