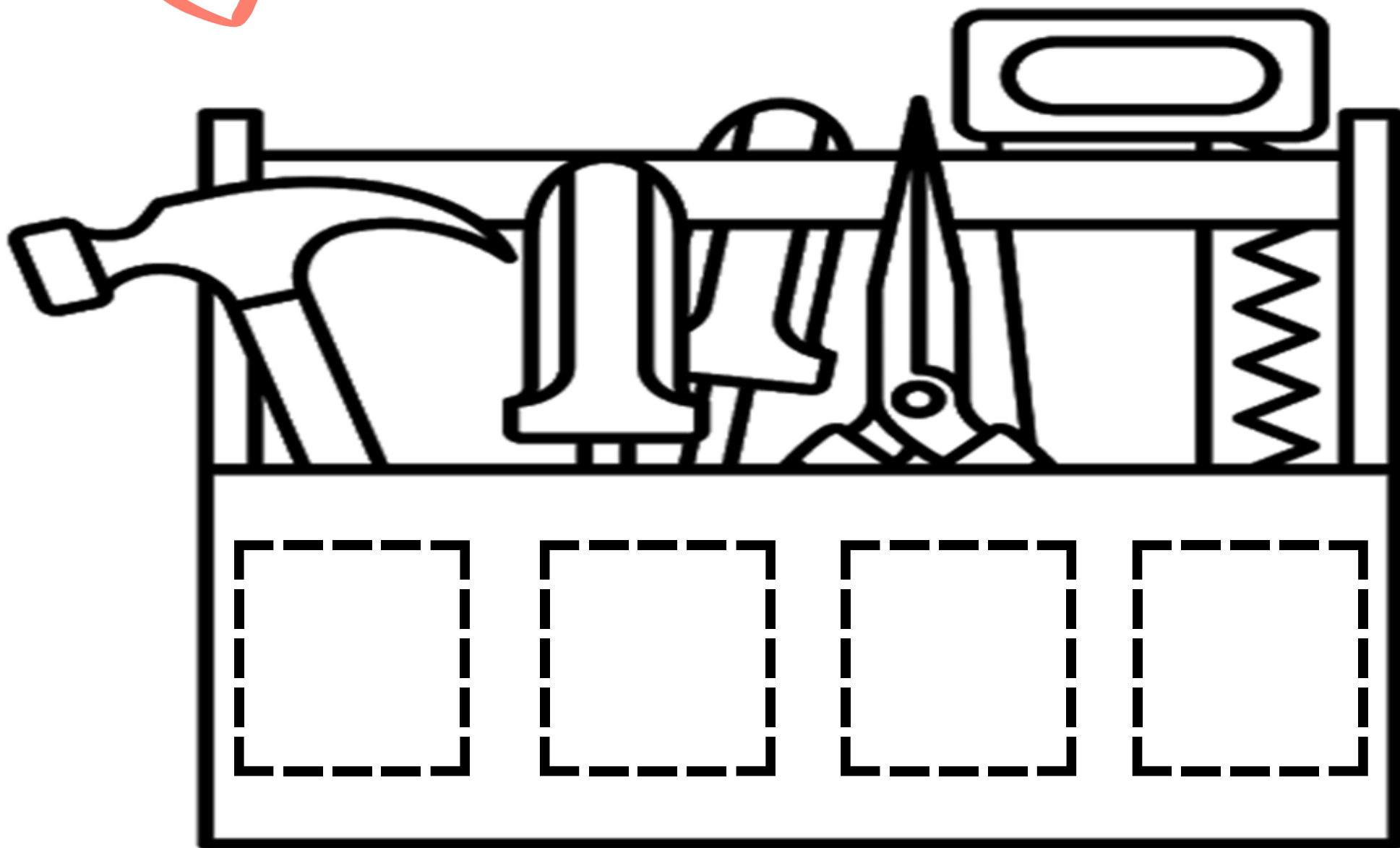


My Big Feelings Toolbox

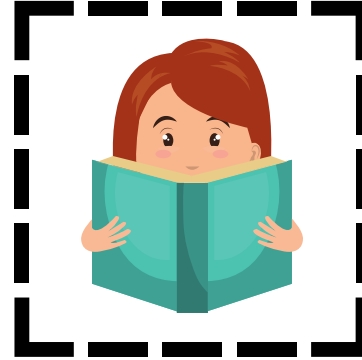




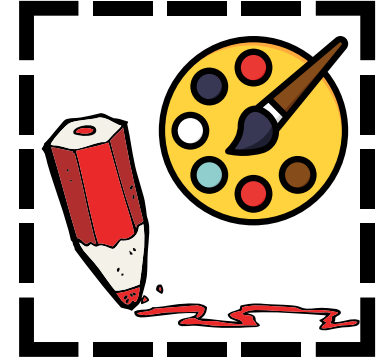
deep breaths



go outside



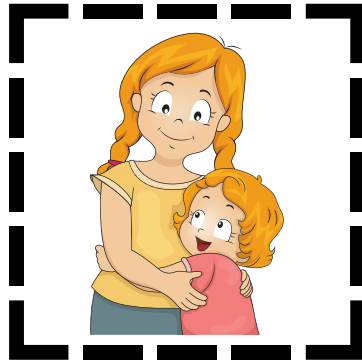
read



draw/paint



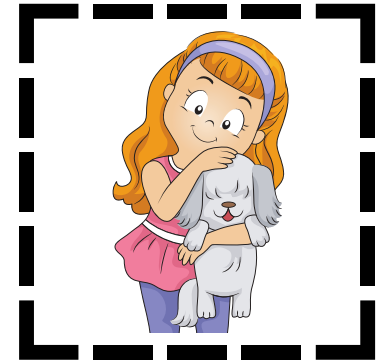
move body



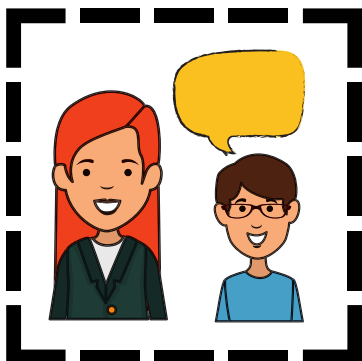
hugs



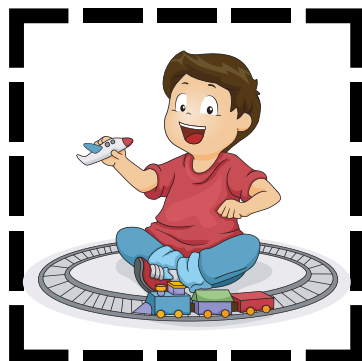
music



play with pets



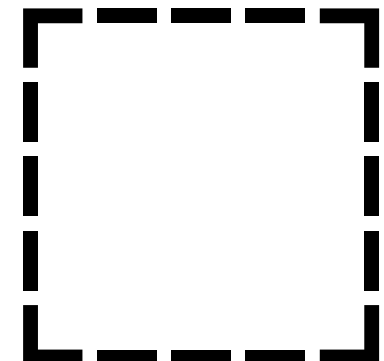
talk it out



play with toys



rest



other