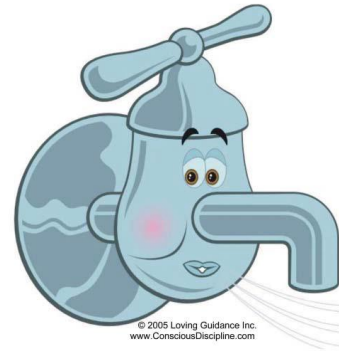


I Can Calm

# I can drain



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hold arms out, breathe in, drain out air

# I can star



smile, take a deep breath, and blow out relax

# I can pretzel



cross arms across front, breathe in, blow out air

# I can balloon



hands on head, breath in to fill balloon,  
blow out air