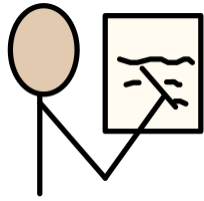


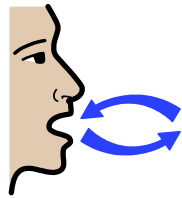
read



write



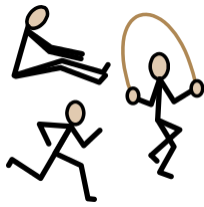
music



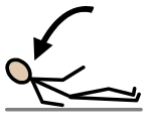
breathe



walk



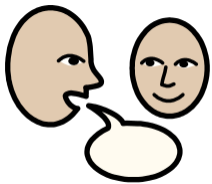
exercise



lay down



play a game



talk



time out



colour



safe space



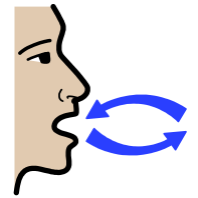
read



write



music



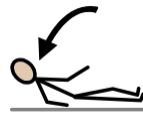
breathe



walk



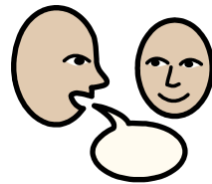
exercise



lay down



play a game



talk



time out



colour



safe space