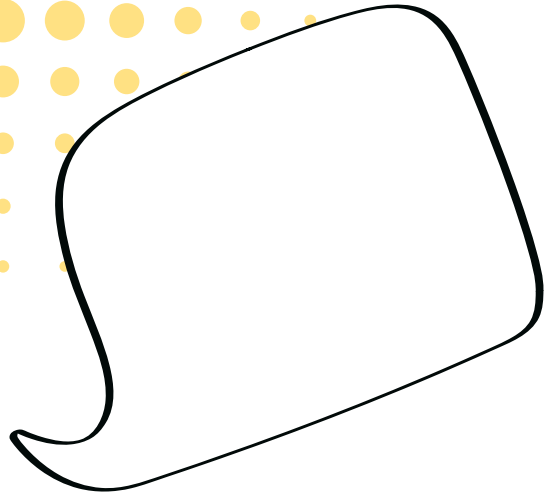
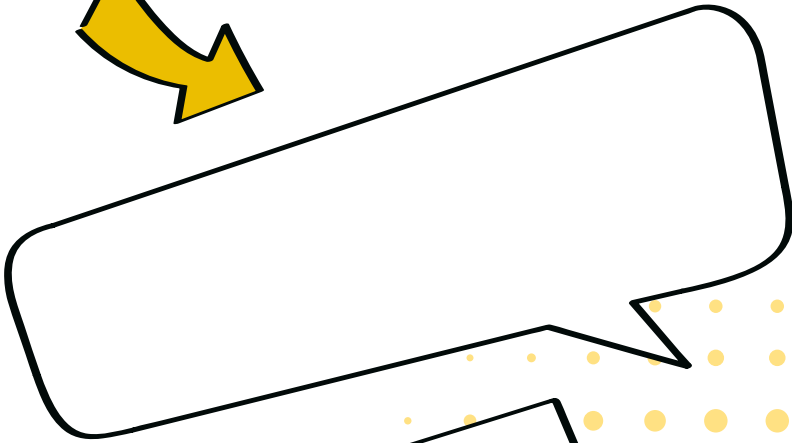
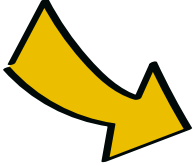


# What Can I Do?

IF I FEEL ..... OR ..... OR ..... OR .....

**THEN THIS IS WHAT I CAN TRY  
TO CALM MYSELF...**



## **What Can I Do?**

**Give options of things that the child  
can try in order to help them to calm down.**

**Are these things practical?**

**Can you try them out together now?**