

## When you're feeling worried you can also ....



Squeeze a stress ball or play with a fidget.







Think of a good memory.



Take ten deep breaths. Exercise your body!





Distract your mind with a favorite book or toy.

## Jhank you for your purchase!

I hope it helps you and the children in your life to thrive.

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All opinions on this site are my own. For any medical advice/care you should contact your child's personal medical provider.

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