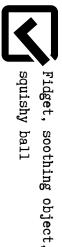
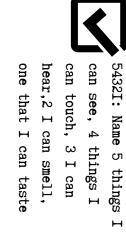
COPING BACKPACK IDEAS

in for a count of 5, hold Triangle breathing: Breath out for 5. Repeat to calm. for a count of 5, breath





and writing tools Small notebook

Small item

that reminds rock, coin, photo, or calming person; happy memory me of a little trinket











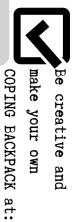
Positive Affirmations



Lavender Spray



What else helps me to relax?



https://www.therapyfor

family.com/coping-tools DR. NICOLE LAROCCO



PSYCHOLOGICAL SERVICES LLC THERAPYFORFAMILY.COM



