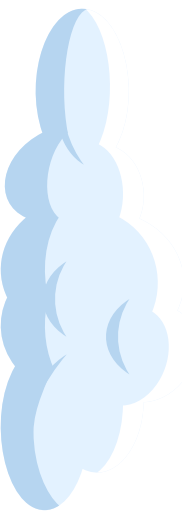




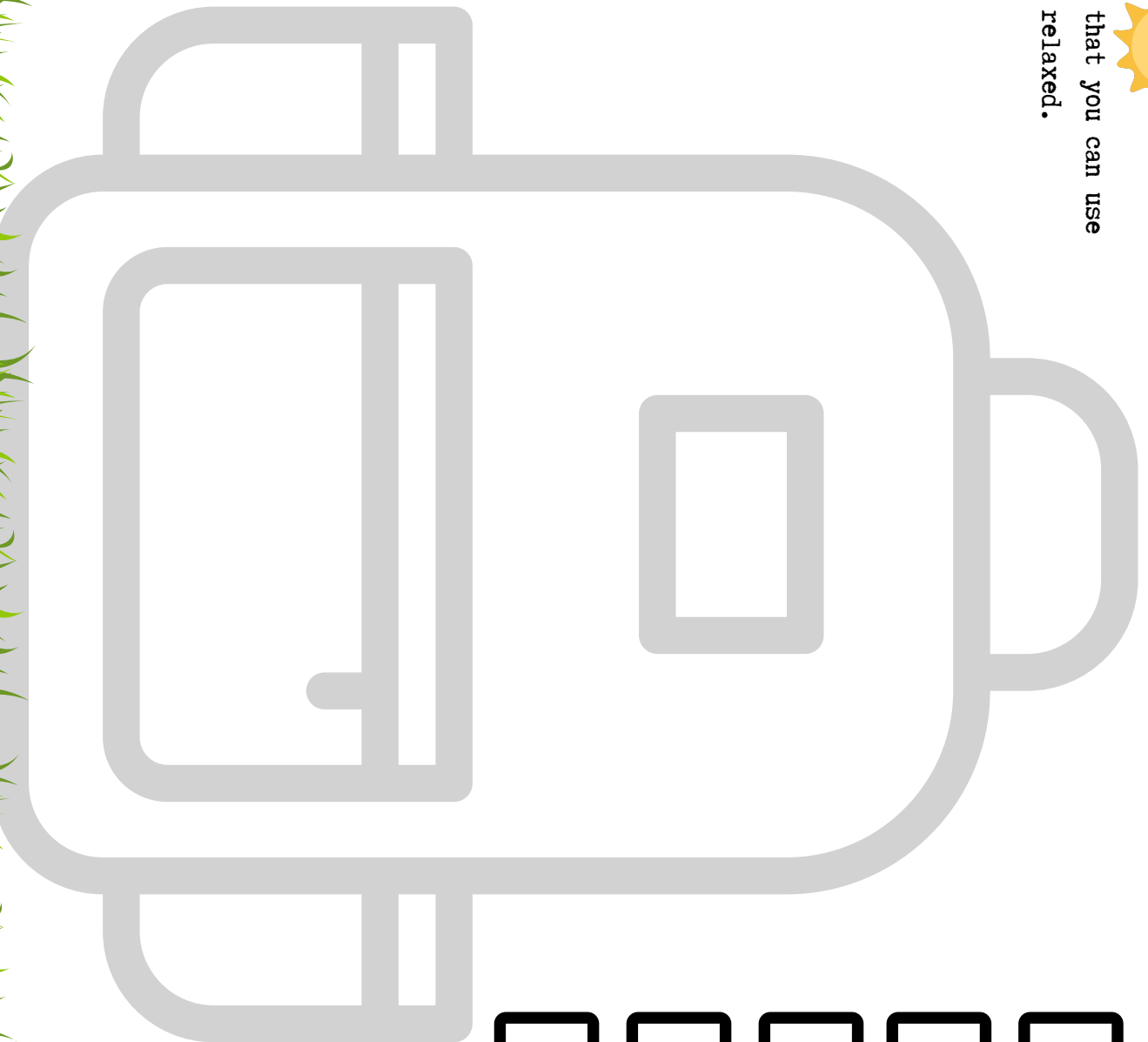
Write down and draw items that you can use to help you feel calm and relaxed.

MY COPING BACKPACK



Five empty square boxes, each with a horizontal line extending to the right below it, for writing and drawing items.

Five empty square boxes, each with a horizontal line extending to the right below it, for writing and drawing items.



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