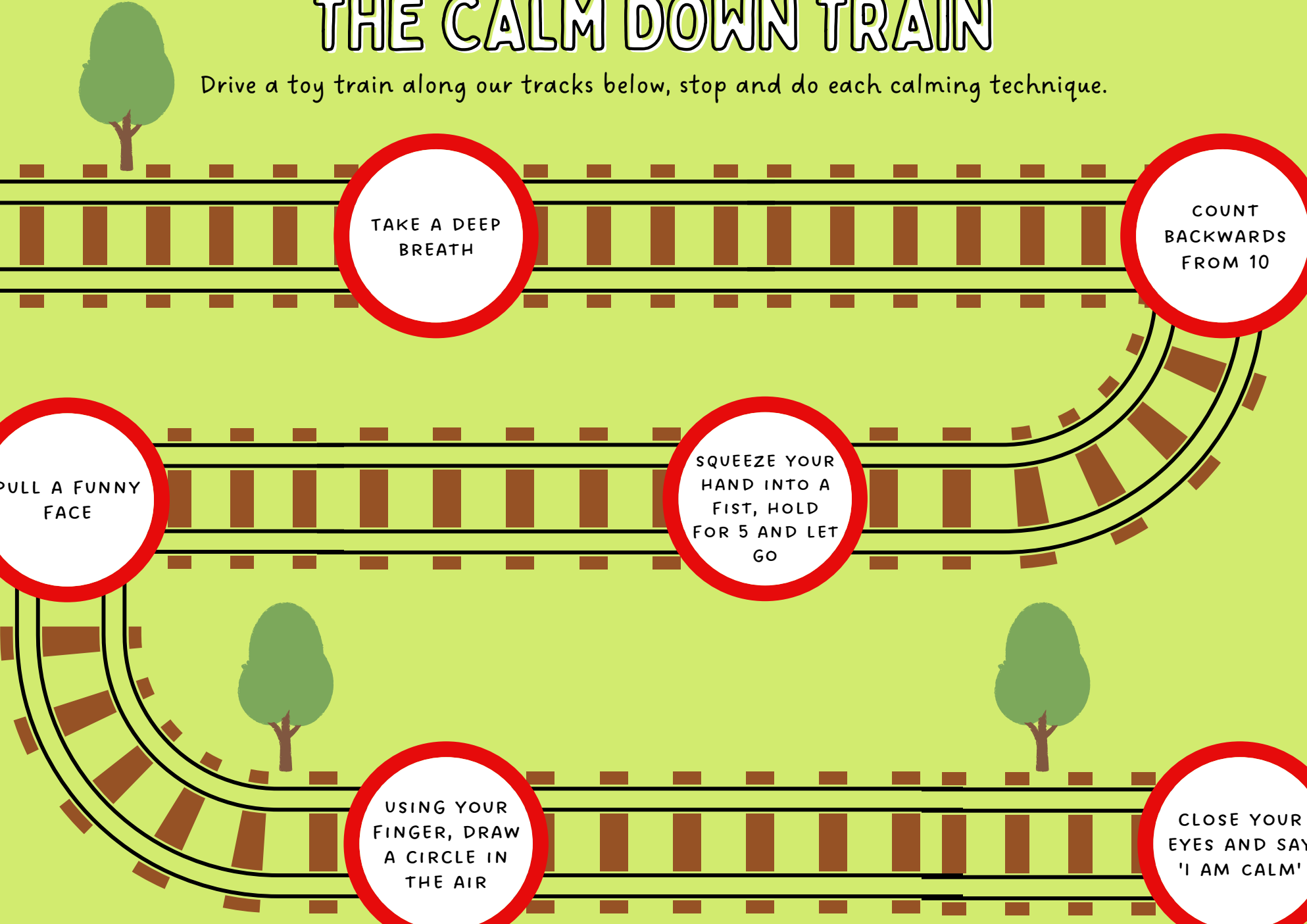


THE CALM DOWN TRAIN

Drive a toy train along our tracks below, stop and do each calming technique.



TAKE A DEEP
BREATH

COUNT
BACKWARDS
FROM 10

PULL A FUNNY
FACE

SQUEEZE YOUR
HAND INTO A
FIST, HOLD
FOR 5 AND LET
GO

USING YOUR
FINGER, DRAW
A CIRCLE IN
THE AIR

CLOSE YOUR
EYES AND SAY
'I AM CALM'