

I CAN GET CALM

1



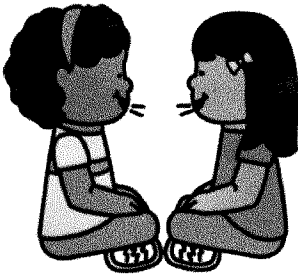
**I CAN
COUNT TO
10.**

6



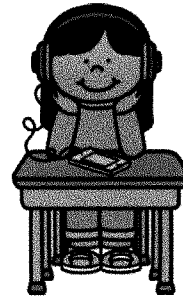
**I CAN
COLOR**

2



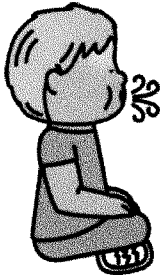
**I CAN
TALK
ABOUT
IT.**

7



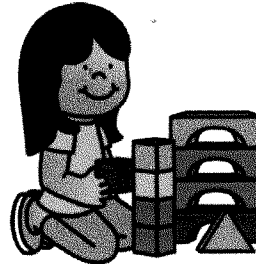
**I CAN
LISTEN
TO
MUSIC.**

3



**I CAN
TAKE A
DEEP
BREATH.**

8

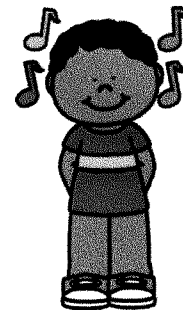


**I CAN
BUILD
WITH
BLOCKS.**

4

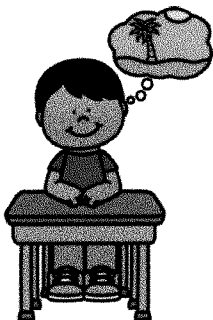


**I CAN
HUG
MYSELF.**



**I CAN
HUM OR
SING A
SONG.**

5



**I CAN
THINK
ABOUT
MY
HAPPY
SPOT.**

10



**I CAN
STRETCH
OR MOVE
MY
BODY.**