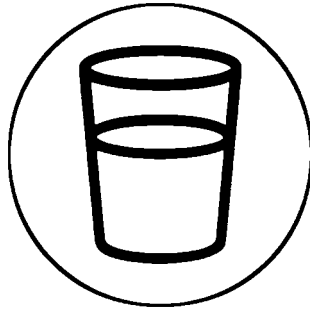


The strategy cards

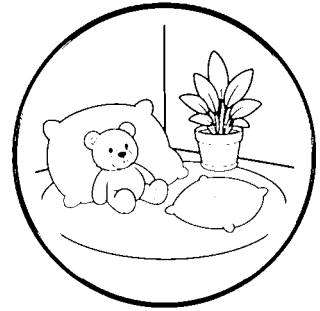
Cut along the dotted lines. The border colour tells you the type of word.



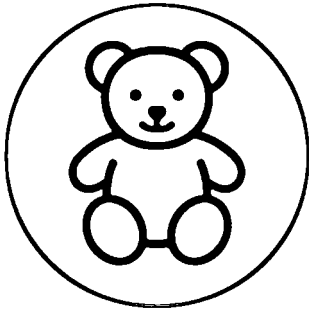
I breathe slowly



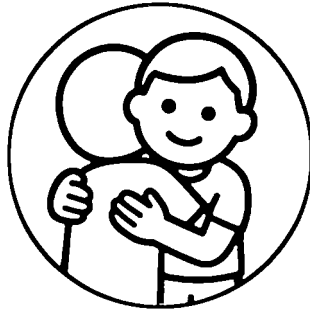
I drink some water



I go to the calm corner



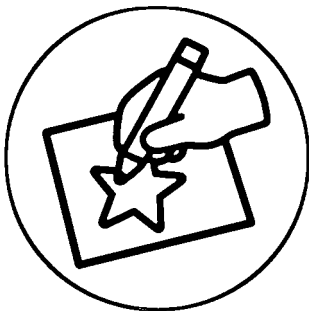
I hug my soft toy



I ask for a cuddle



I move, I jump



I draw



I ask for help

A blank area for writing, enclosed in a dashed rectangular border. Below the border are two horizontal lines for additional writing.