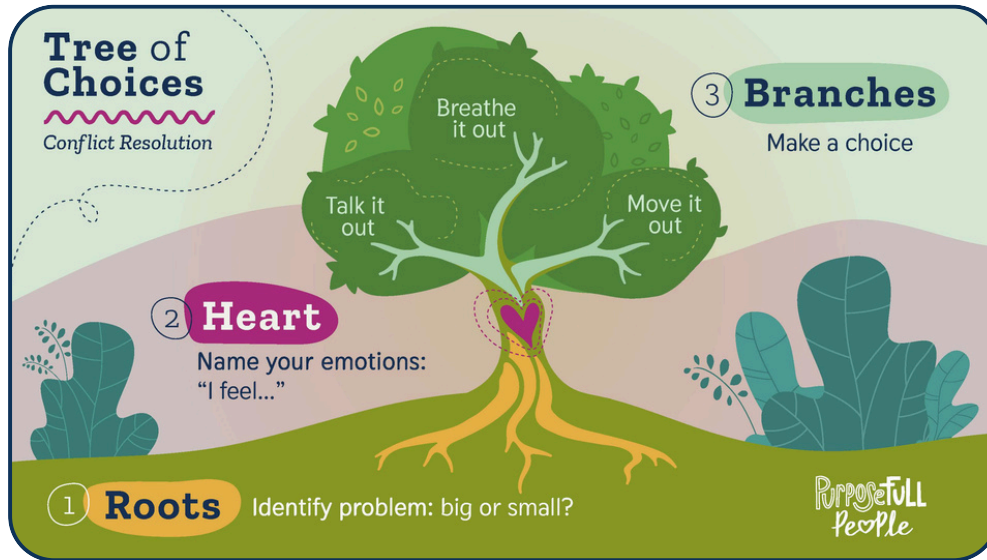
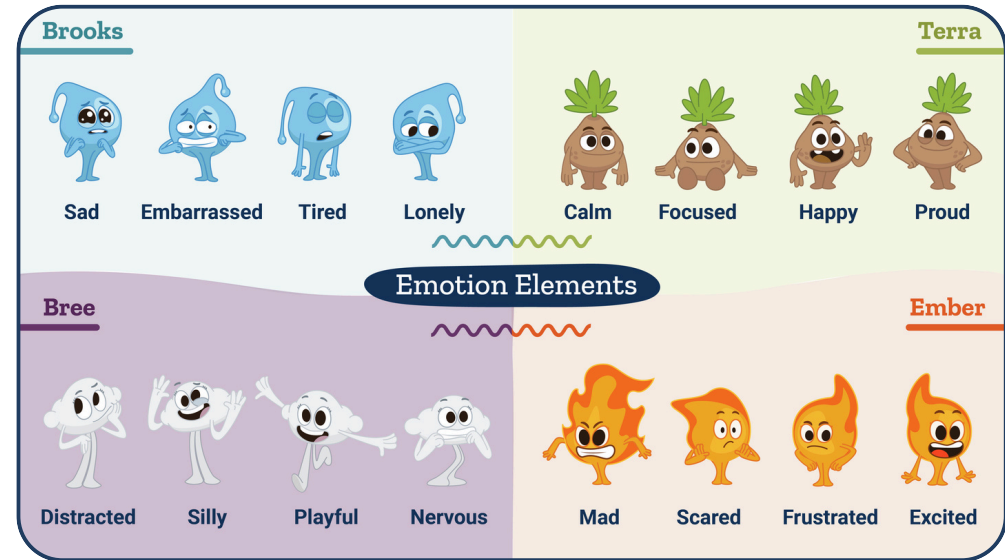


Family Check-in

Tree of Choices

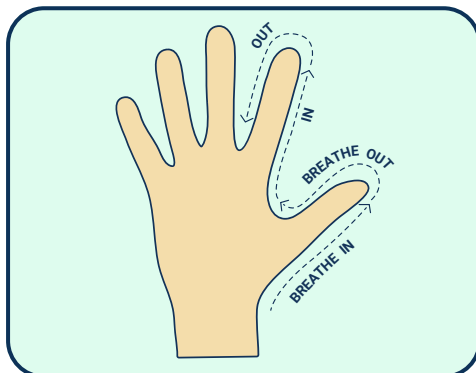


Name Emotions

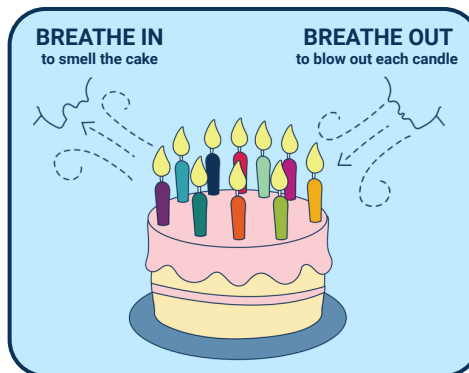


Regulate Emotions

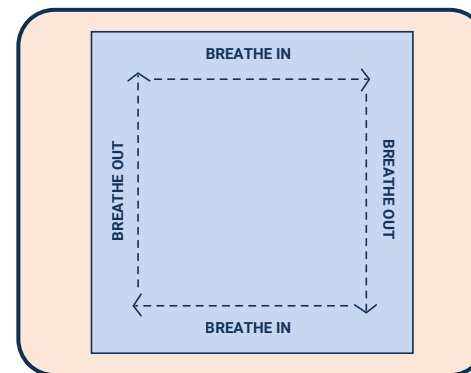
5-Finger Breathing



Candle Breathing



Box Breathing



Rainbow Breathing

