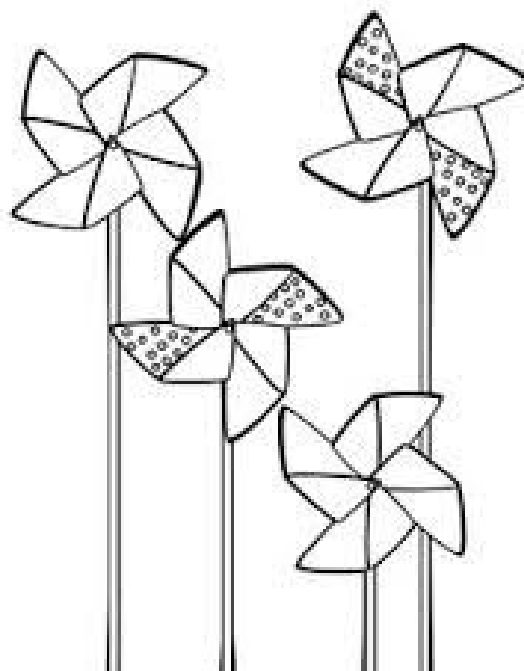




**Do yoga or a cartwheel**



**Play with a pinwheel or other fidget toy**



**Take a deep breath**



**Drink water or a smoothie from a straw**



**Go to the park**



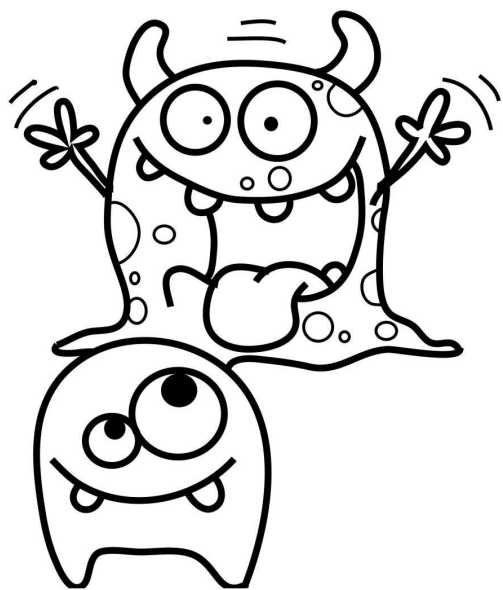
**Dance to music**



**Play with blocks or a fun toy**



**Do a puzzle**



**Make a silly face**



**Ask for a hug**



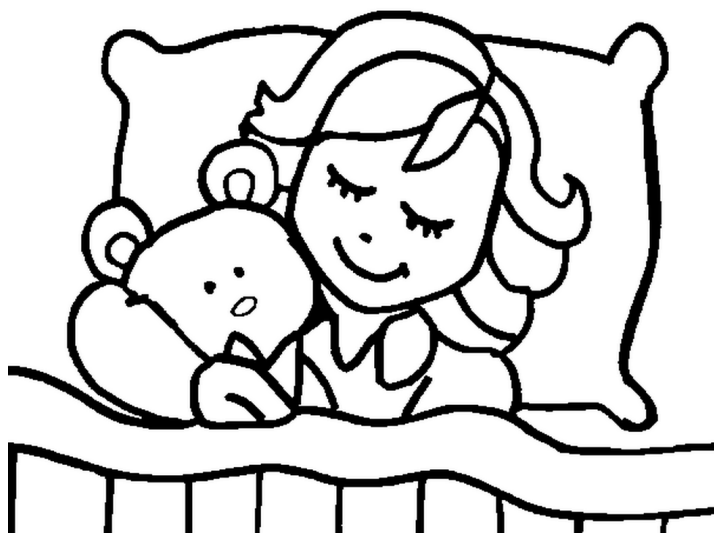
**Paint or colour a picture**



**Blow bubbles**



**Play an instrument or listen to music**



**Snuggle up with a stuffy or warm blanket**



**Read a book**



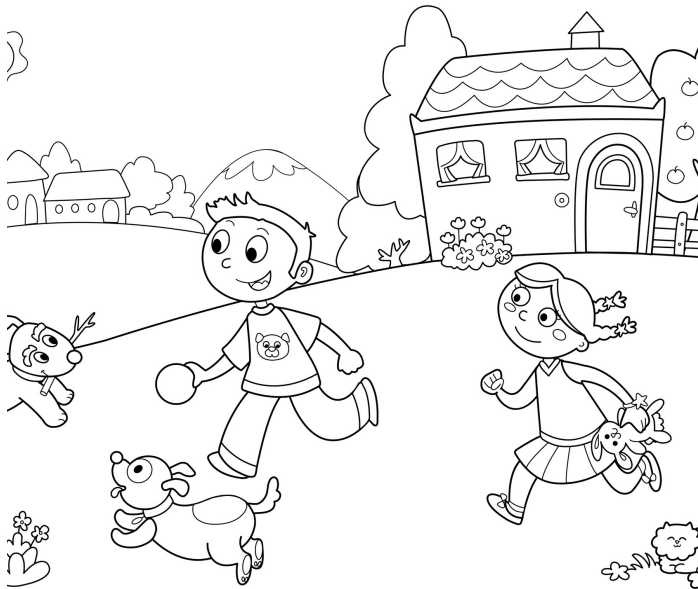
**Fly a kite**



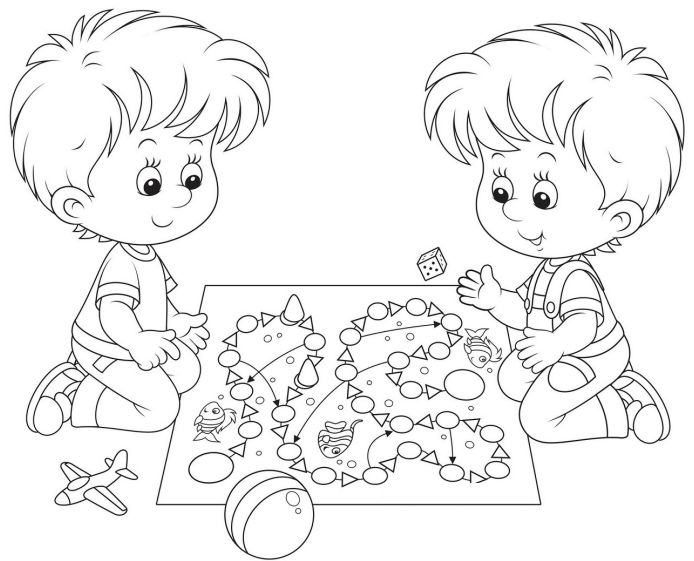
**Climb a tree**



**Ride a bike**



**Go play outside**



**Play a board game**