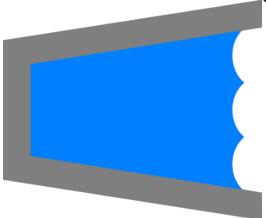
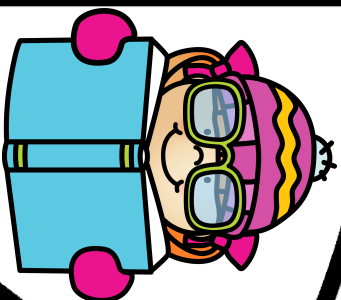


# 10



Get a  
drink.

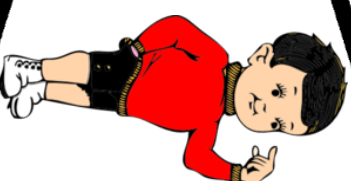
Count  
to 10.



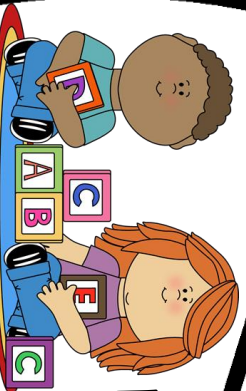
Read a  
book.



Take a  
break.



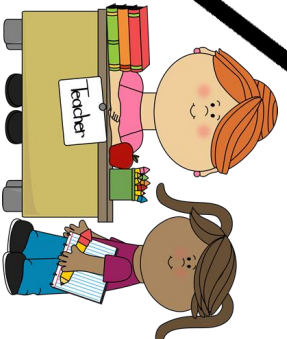
Take a  
walk.



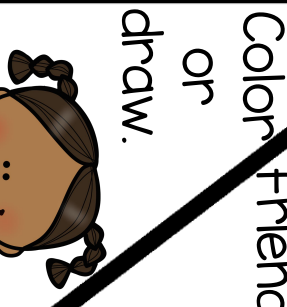
Play with  
blocks.



Listen to  
music.



Talk  
to an  
adult.



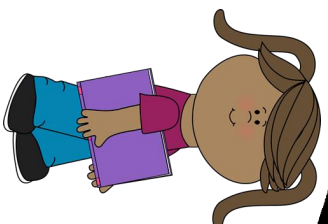
Color  
or  
draw.



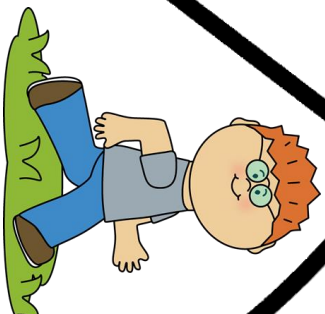
Help a  
friend.



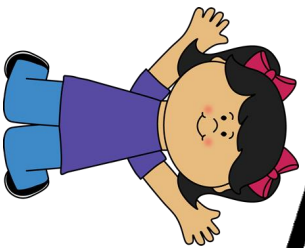
Pat a  
pet.



Walk  
away.



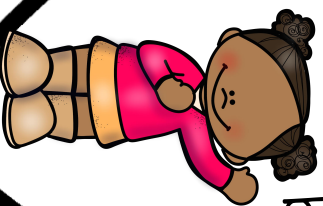
Go for  
a run.



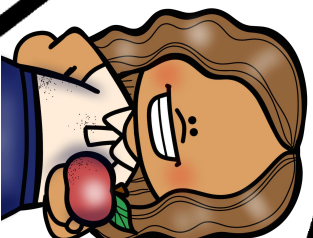
Happy  
thoughts.



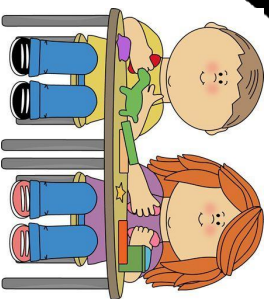
Chew  
gum.



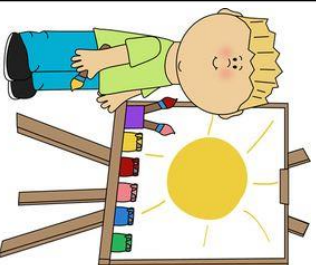
Take 5 deep  
breaths.



Have an  
apple.



Play  
with  
dough.



Paint.