

COUNT SLOWLY



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READ A BOOK



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DRINK SOME WATER



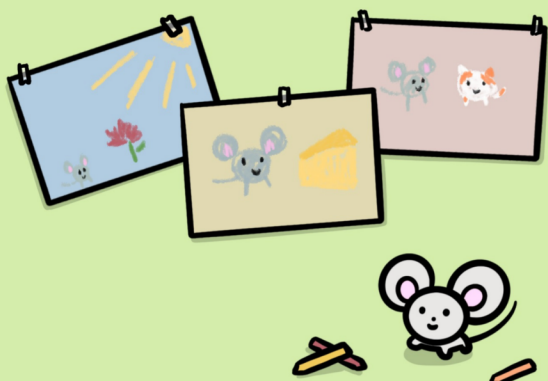
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FIND COLORS
AROUND YOU



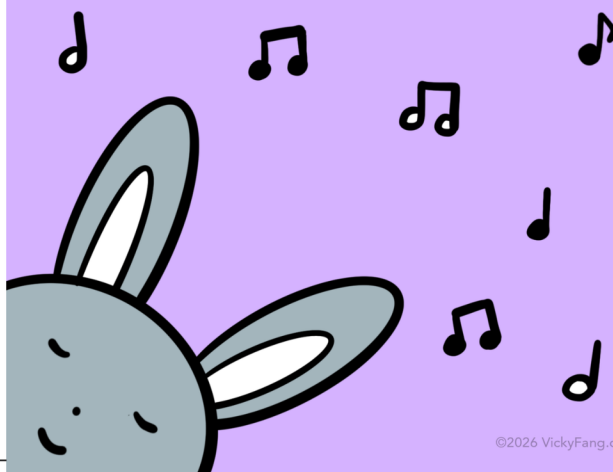
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DRAW A PICTURE



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HUM A SONG
IN YOUR HEAD



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A
MOMENT
OF
PAWS



ONE
MAD
CAT

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HUG IT OUT



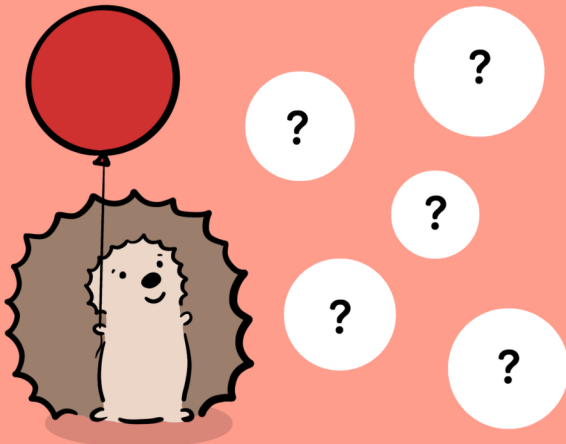
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TRACE THE LINE



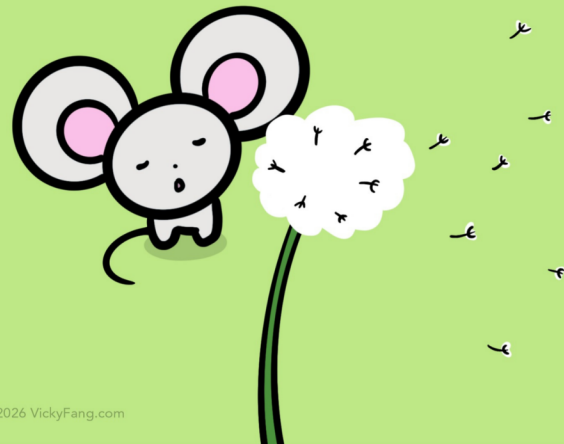
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FIND CIRCLES AROUND YOU



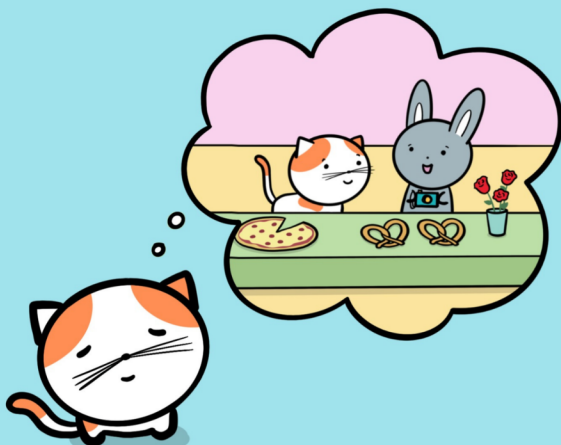
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TAKE A DEEP BREATH



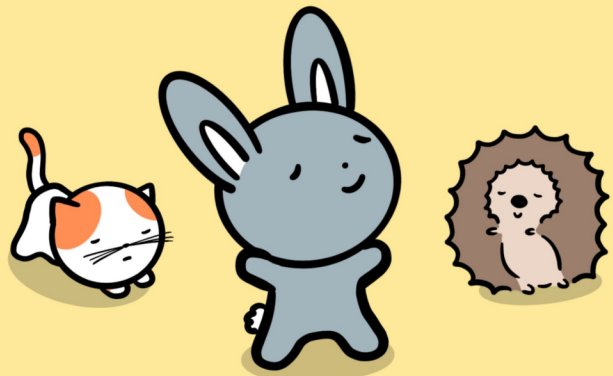
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THINK OF SOMETHING HAPPY



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STRETCH



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PAWS



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