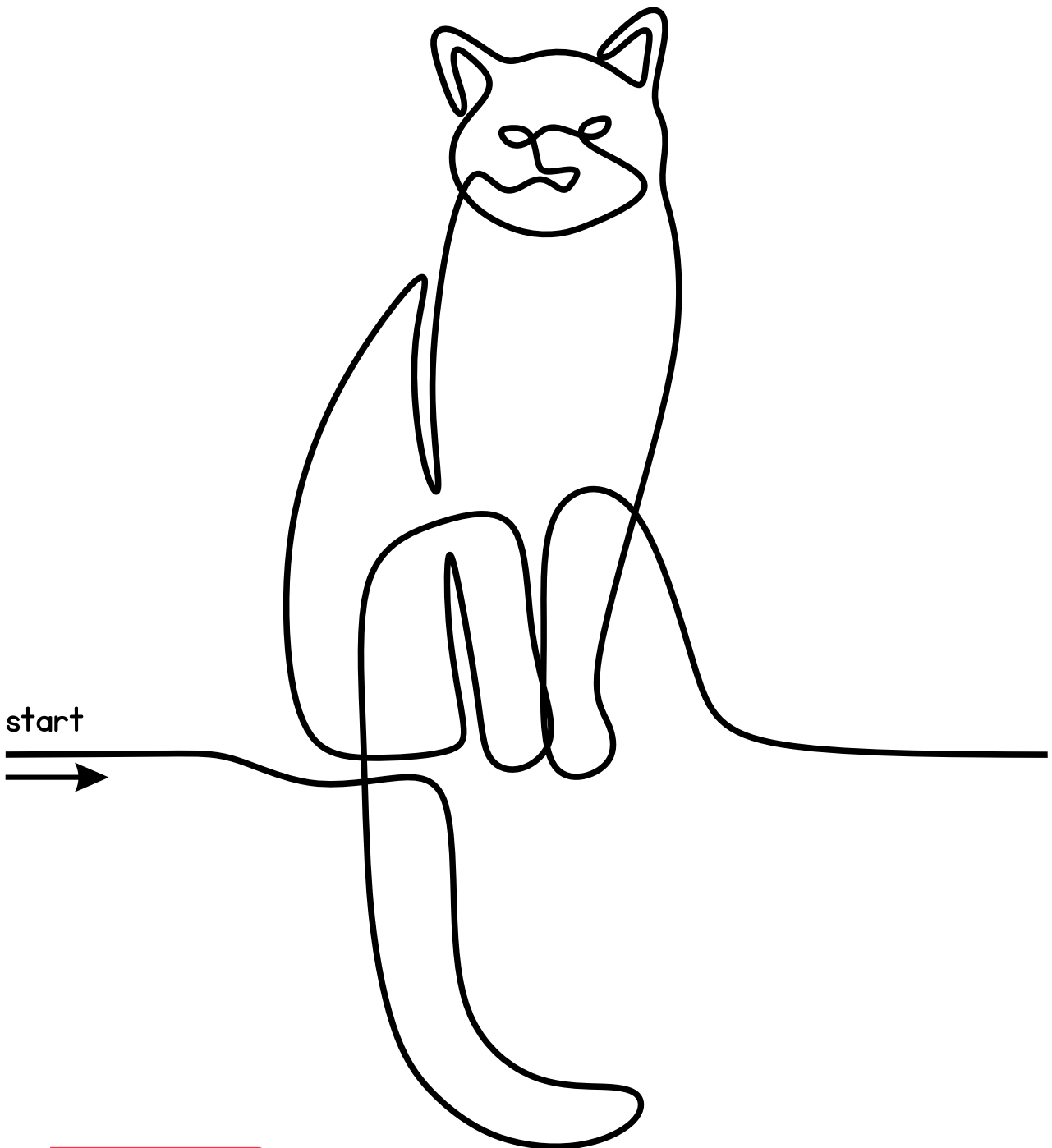


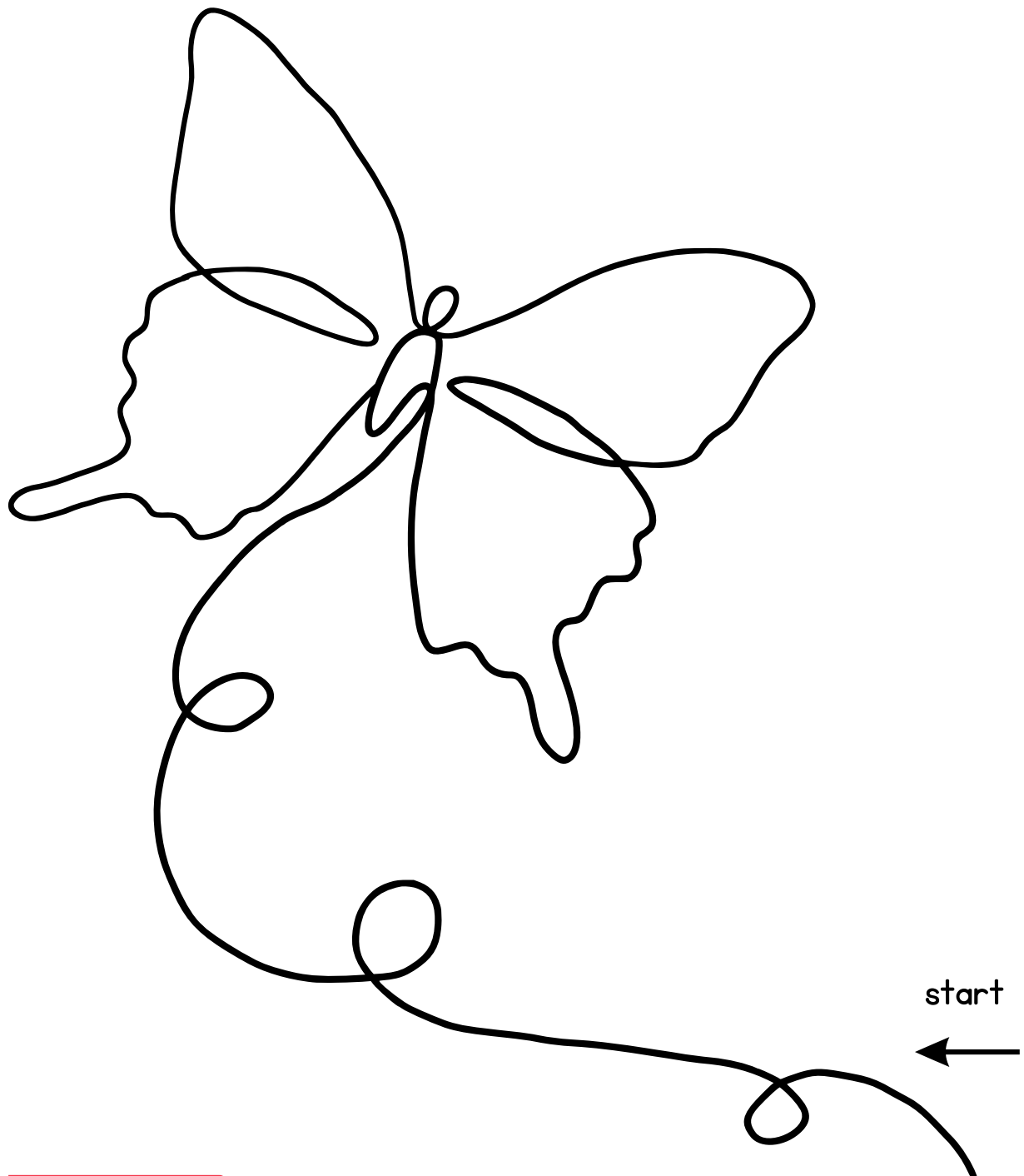
CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



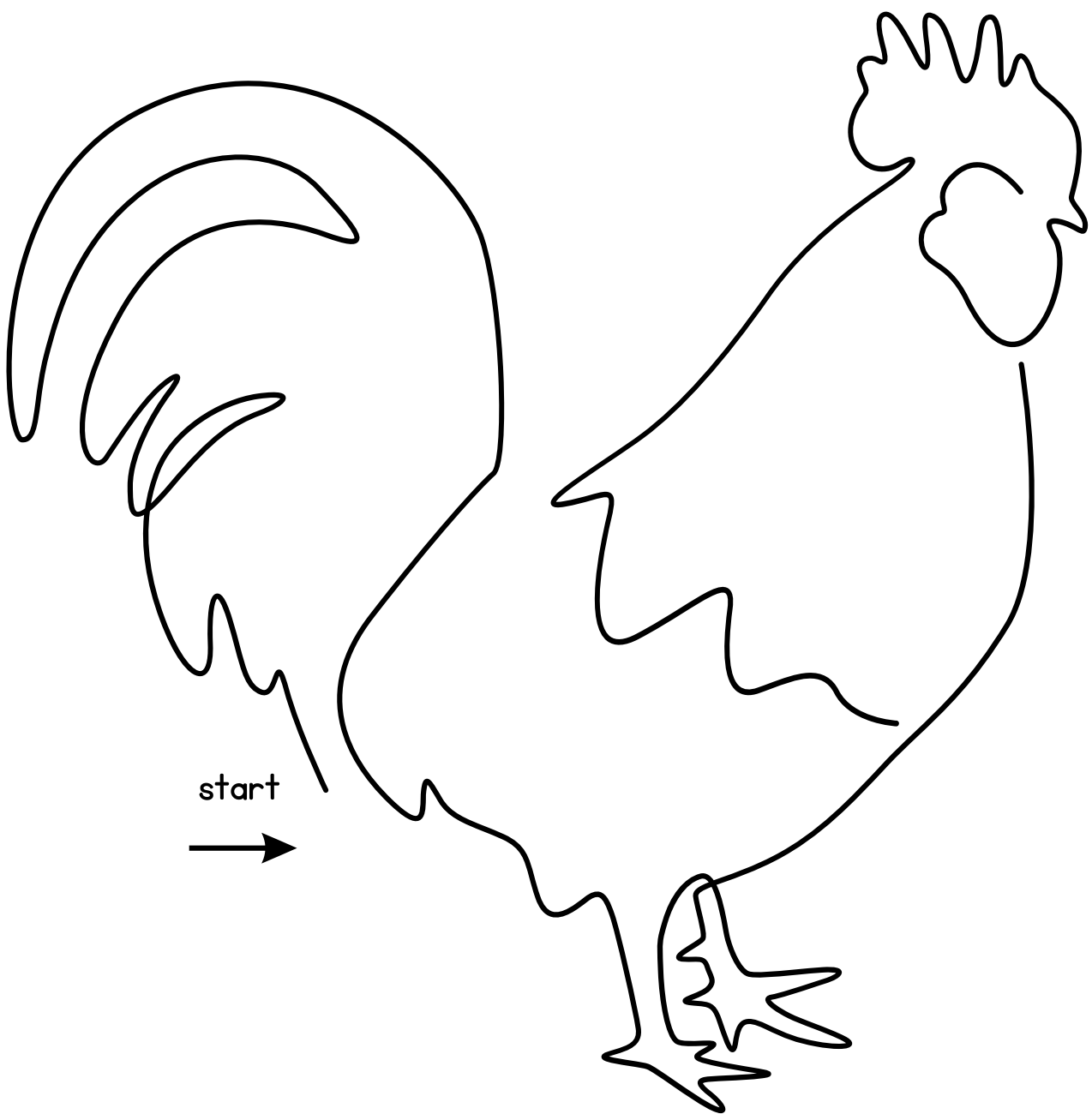
CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



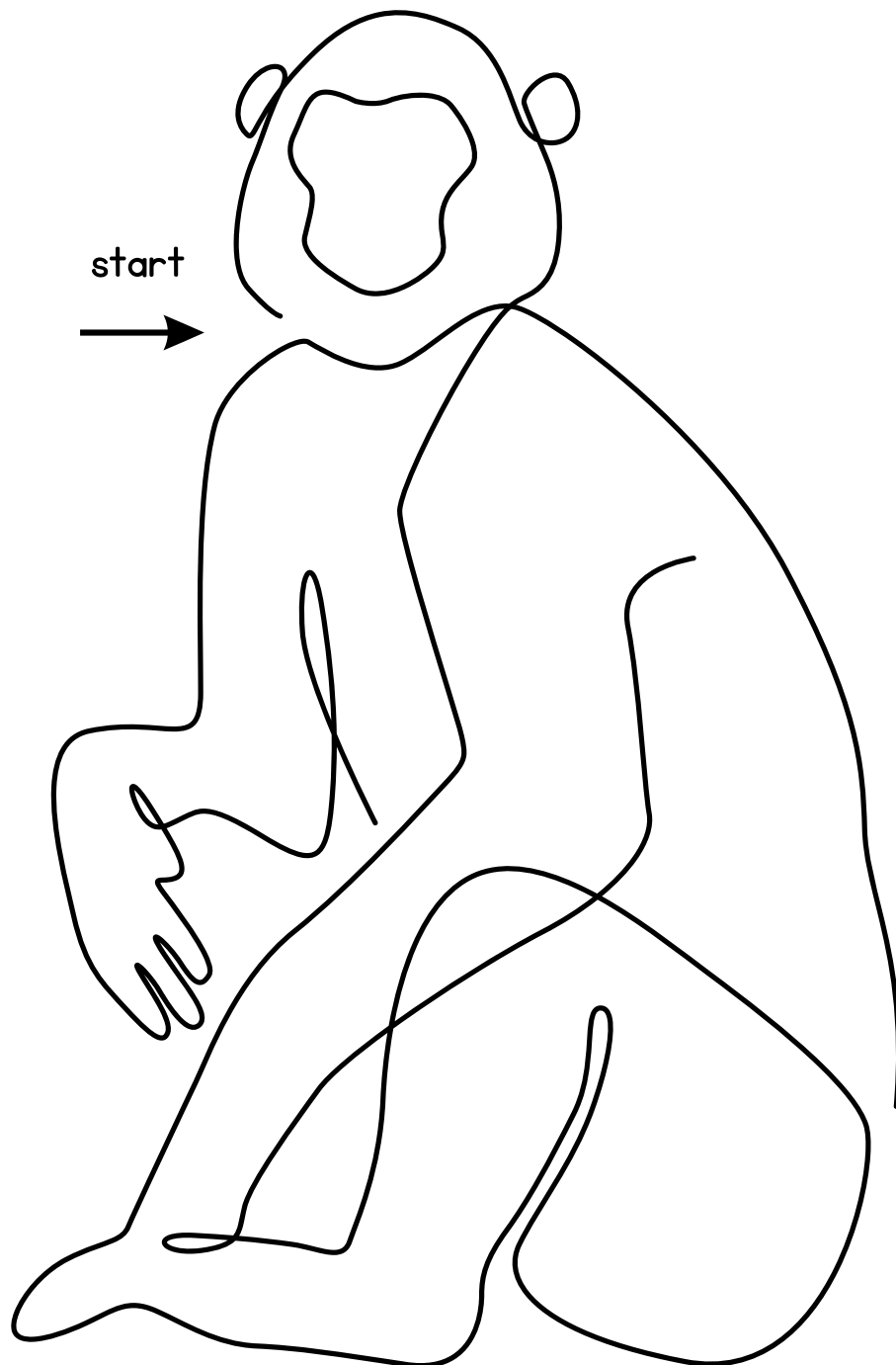
CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



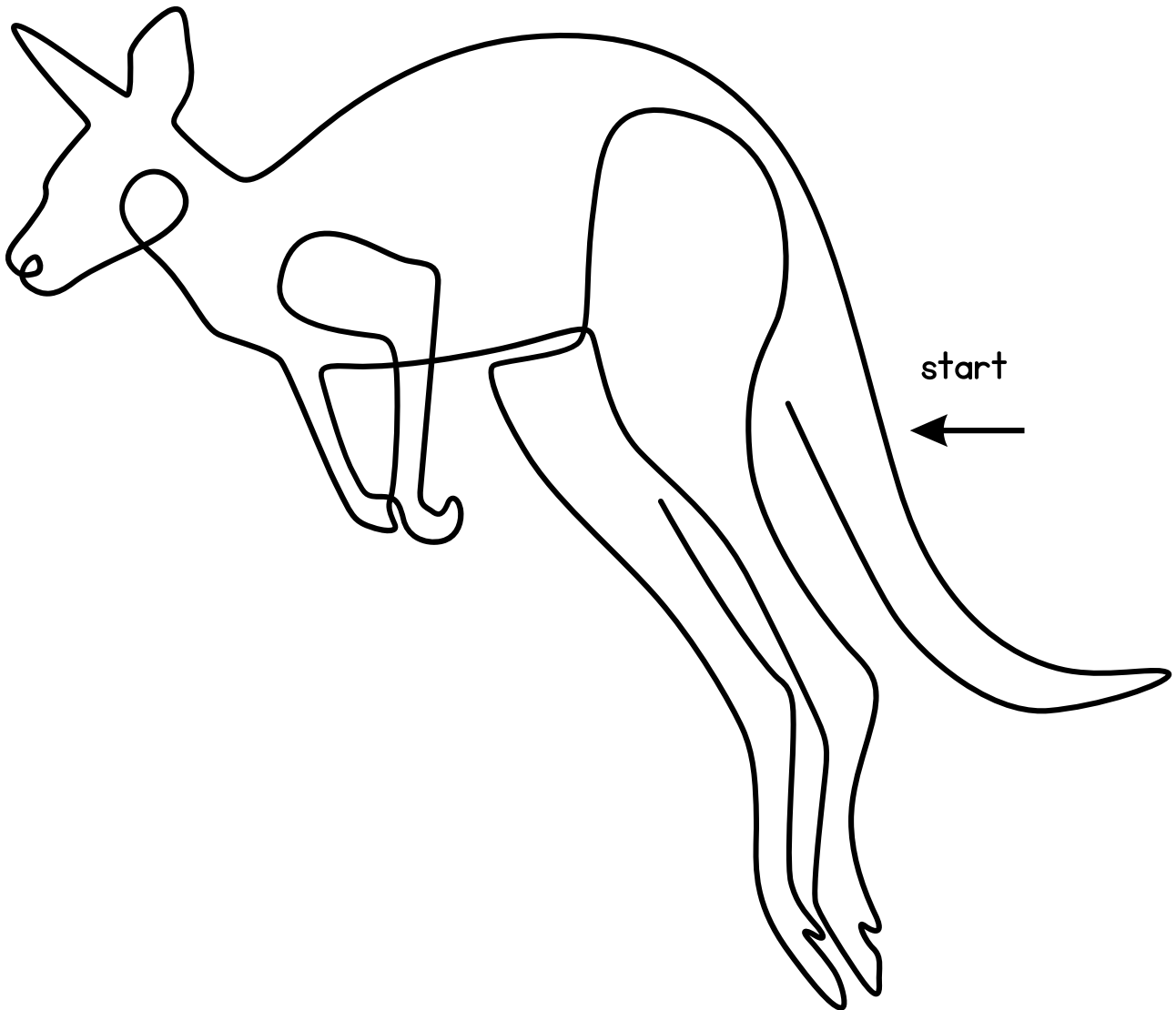
CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



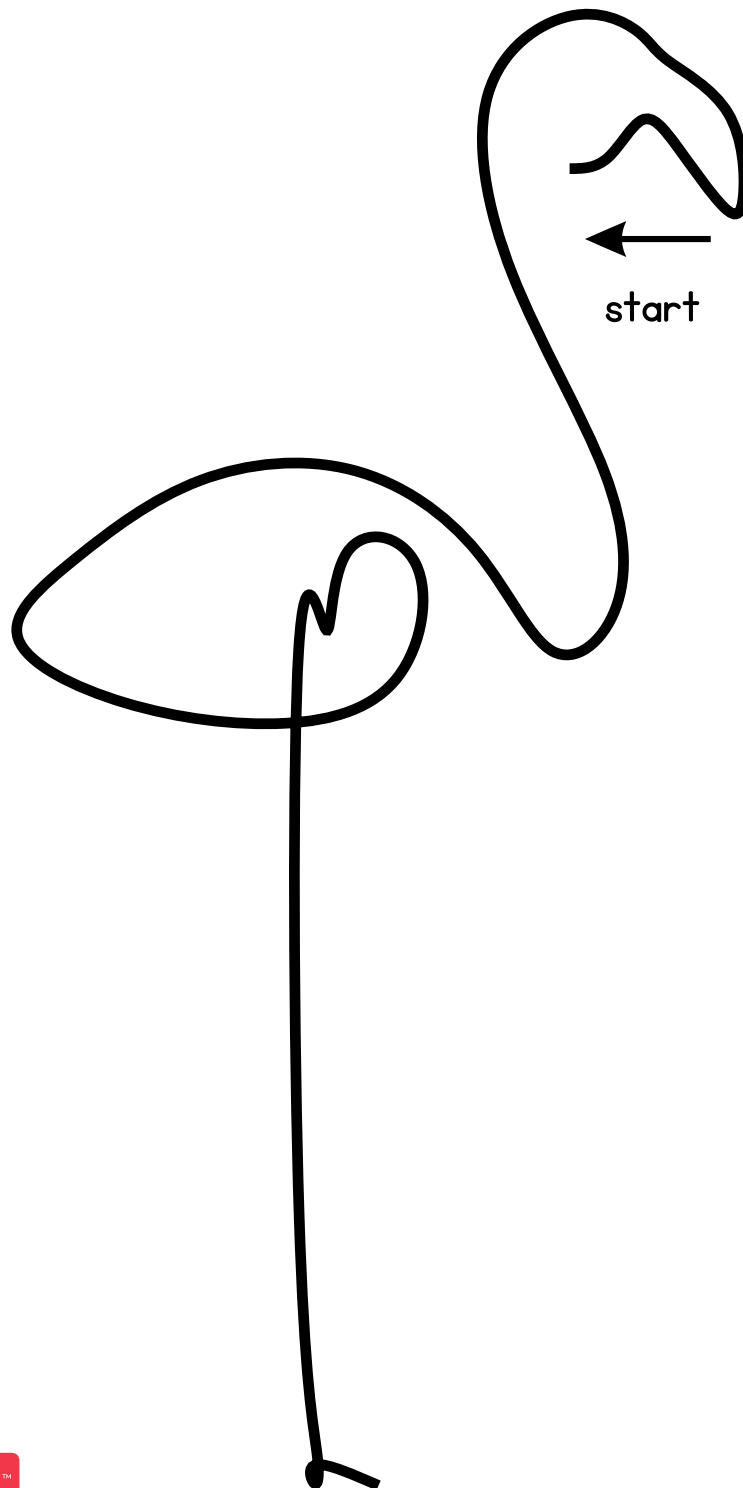
CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



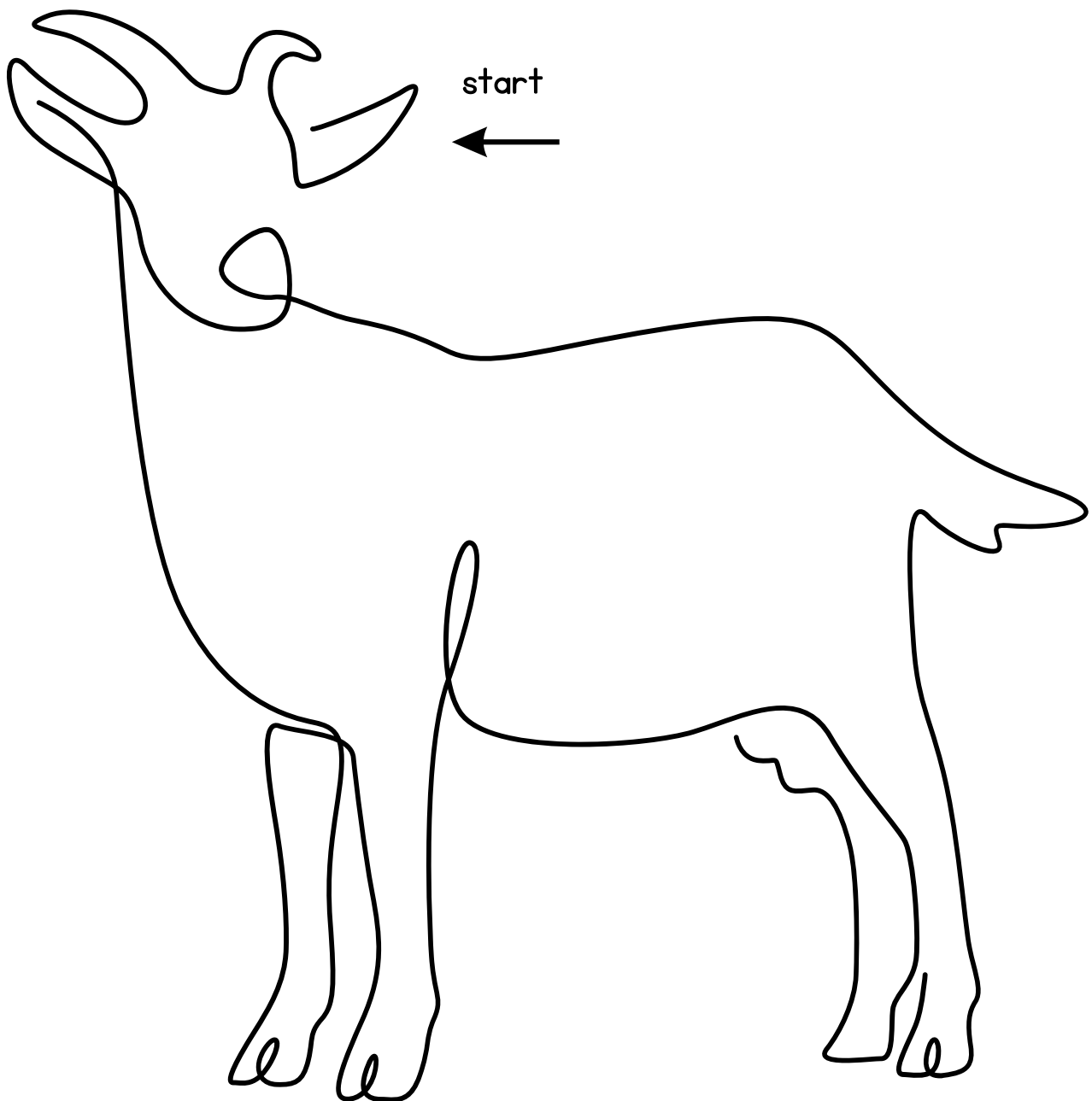
CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.



CALMING CARDS

Use your finger to trace along the line while you focus on breathing in and out.

