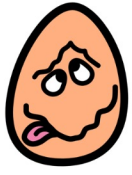


I FEEL...

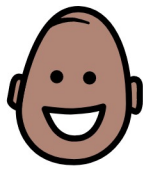
I NEED...

I WANT...

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>



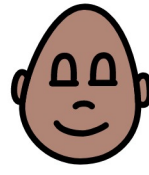
silly



happy



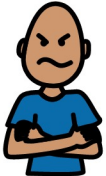
lots of energy



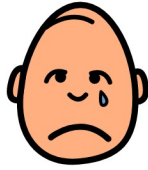
calm



frustrated



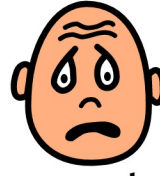
mad



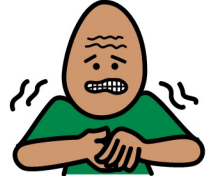
sad



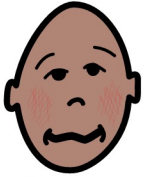
tired



scared



worried



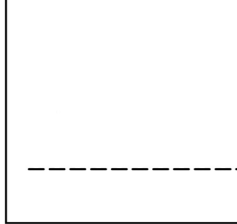
embarrassed



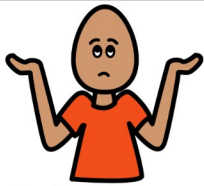
irritable



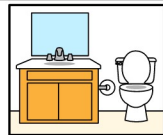
not focused



my device



help, please.



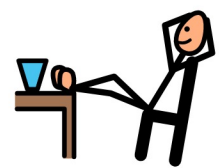
a bathroom break, please.



an energy break, please.



a calming strategy, please.



a break, please.



teacher help



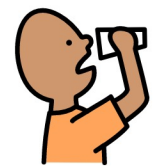
use the bathroom



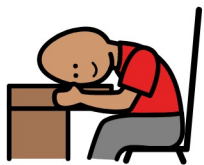
calming room



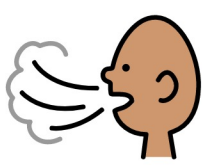
eat a snack



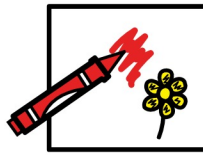
drink water



desk break



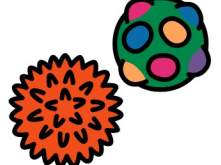
deeps breaths



color



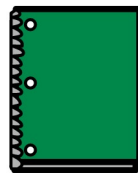
go for a walk



fidget



rest



journal



read a book



talk to a trusted adult



calming corner