

**When I have too much energy  
I need to calm down.**

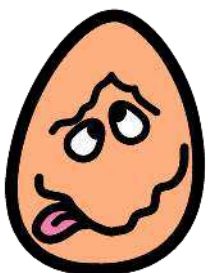
**I CAN...**



Blank space for writing.

Blank space for writing.

Blank space for writing.



**When I have too much energy  
I need to calm down.**

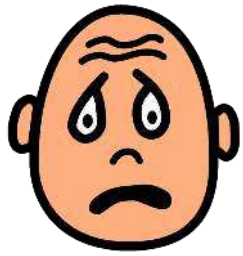
**I CAN...**



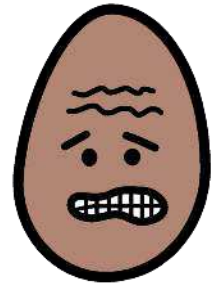
Blank space for writing.

Blank space for writing.

Blank space for writing.



**When I feel anxious or scared  
I need to calm down.**

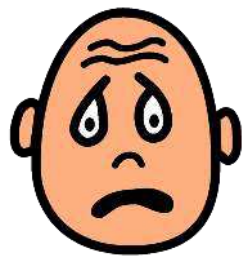


**I CAN...**

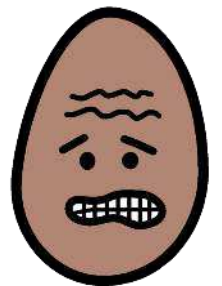
Blank space for writing a response.

Blank space for writing a response.

Blank space for writing a response.



**When I feel anxious or scared  
I need to calm down.**



**I CAN...**

Blank space for writing a response.

Blank space for writing a response.

Blank space for writing a response.