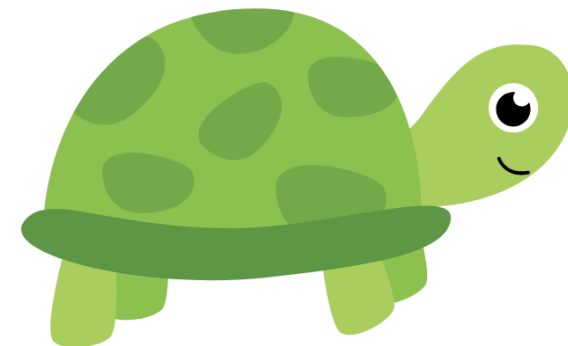


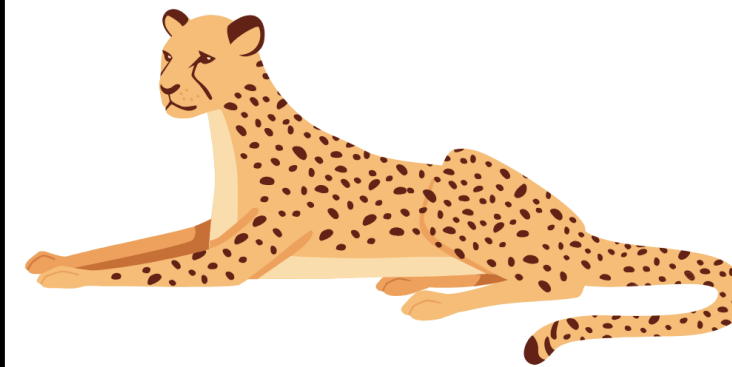
**Bear Hug**



**Shell Magic**



**Cheetah  
Chill**



**Mama Panda**



**Cat Nap**



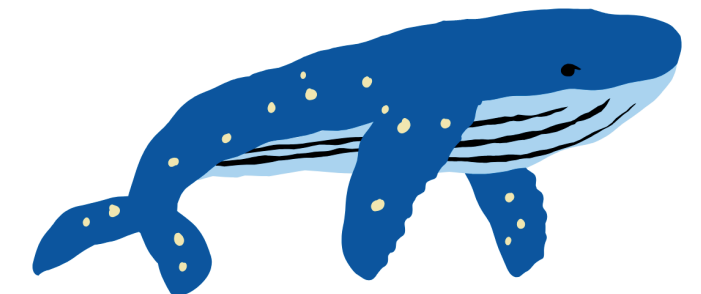
**Bayside  
View**



**Positive  
Thoughts**



**Whale Sized  
Breaths**



**Bird's Eye  
View**



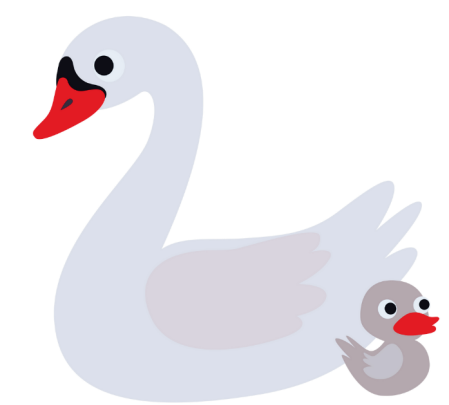
**Brave  
Waddle**



**Yummy  
Climb**



**Growing  
Grace**



### **Bear Hug**

- Deep pressure
- Self-soothing
- Self-advocacy

### **Shell Magic**

- Mindfulness
- Self-soothing
- Thought reset

### **Cheetah Chill**

- Grounding
- Deep breathing
- Muscle relaxation

### **Mama Panda**

- Rhythm
- Slow down
- Self-soothing

### **Cat Nap**

- Grounding
- Self-advocacy
- Meltdown recovery

### **Bayside View**

- Visualization
- Mindfulness
- Stillness

### **Positive Thoughts**

- Reframing
- Gratitude
- Thought reset

### **Whale Sized Breaths**

- Deep breathing
- Resilience
- Self-soothing

### **Bird's Eye View**

- Grounding
- Mindfulness
- Sensory-awareness

### **Brave Waddle**

- Resilience
- Confidence building
- Visualization

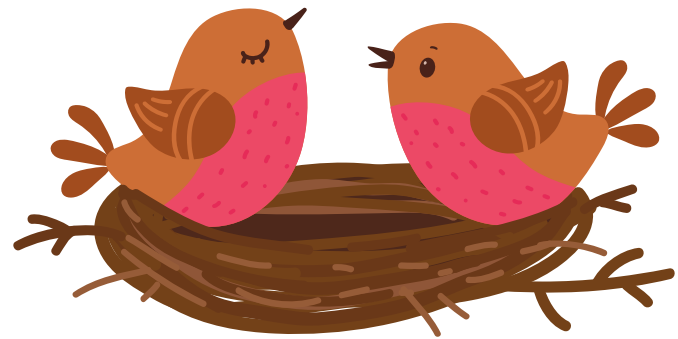
### **Yummy Climb**

- Grounding
- Slow down
- Body awareness

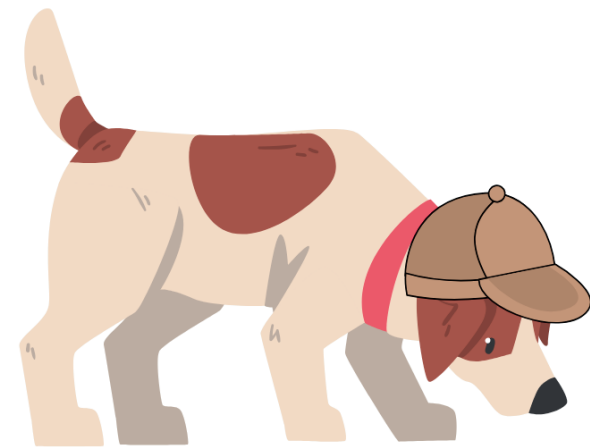
### **Growing Grace**

- Thought reset
- Feelings check-in
- Confidence building

**Nest of  
Choices**



**Detective  
Dog**



**Armadillo  
Roll**



**Cheek  
Squish**



**Talk to Joey**



**Bunny  
Burrow**



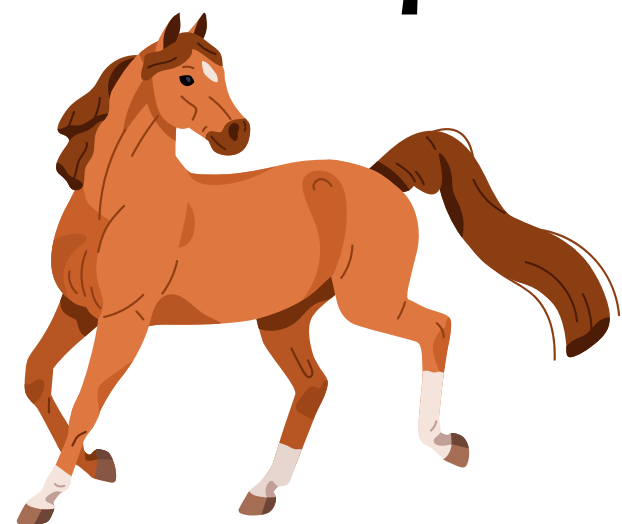
**Otter  
Stretch**



**Tiger Proud**



**Meadow  
Gallop**



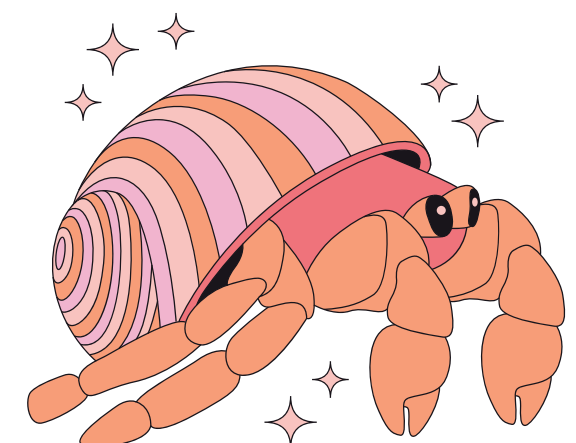
**Positive  
Parrot**



**Flamingo  
Balance**



**I Have  
Hermit Crab**



### **Nest of Choices**

- Problem-solving
- Grounding
- Thought reset

### **Detective Dog**

- Mindfulness
- Grounding
- Sensory awareness

### **Armadillo Roll**

- Mindfulness
- Grounding
- Rhythm

### **Cheek Squish**

- Self soothing
- Grounding
- Light pressure

### **Talk to Joey**

- Reframing
- Self-advocacy
- Flexible thinking

### **Bunny Burrow**

- Narrative
- Feelings check-in
- Mindfulness

### **Otter Stretch**

- Deep breathing
- Body awareness
- Mindfulness

### **Tiger Proud**

- Self-advocacy
- Feelings check-in
- Confidence building

### **Meadow Gallop**

- Rhythm
- Grounding
- Visualization

### **Positive Parrot**

- Thought reset
- Body awareness
- Confidence building

### **Flamingo Balance**

- Resilience
- Mindfulness
- Confidence building

### **I Have Hermit Crab**

- Mindfulness
- Feelings check-in
- Confidence building



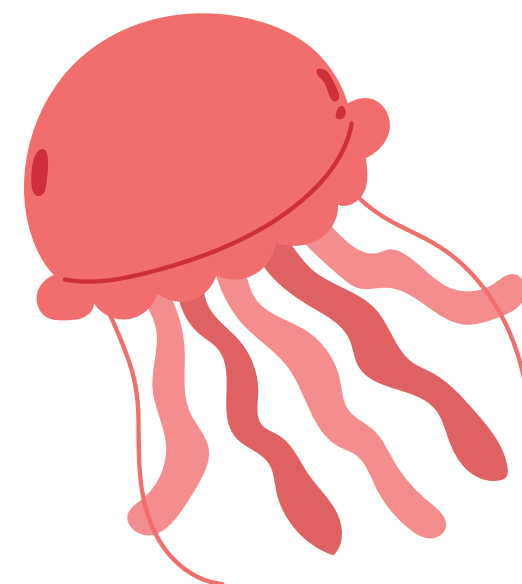
**Sloth Walk**



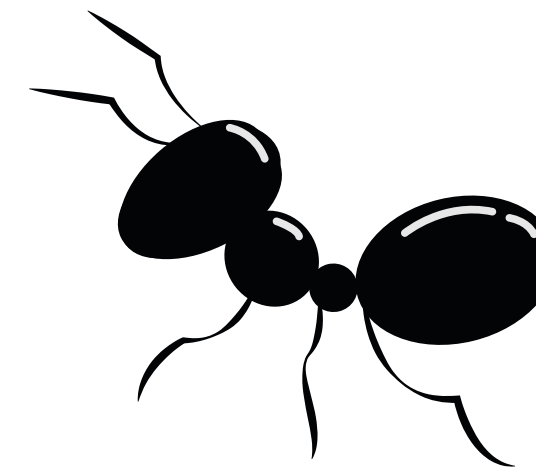
**Shake It Off**



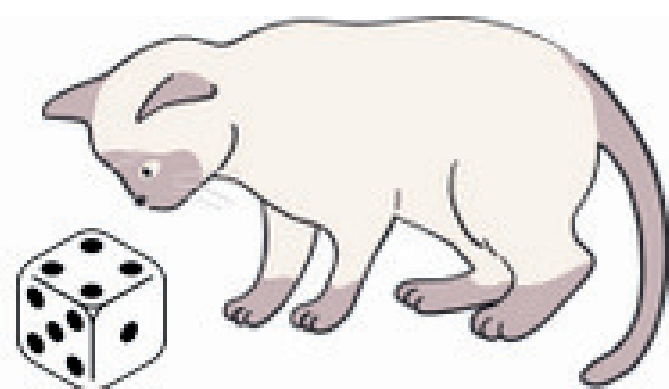
**Jelly Dance**



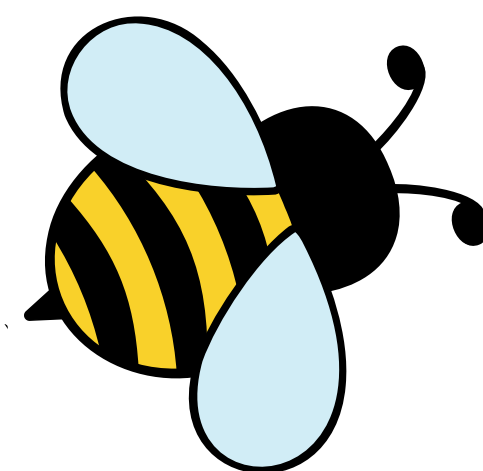
**Ant March**



**Lucky Cat**



**Flutter Home**



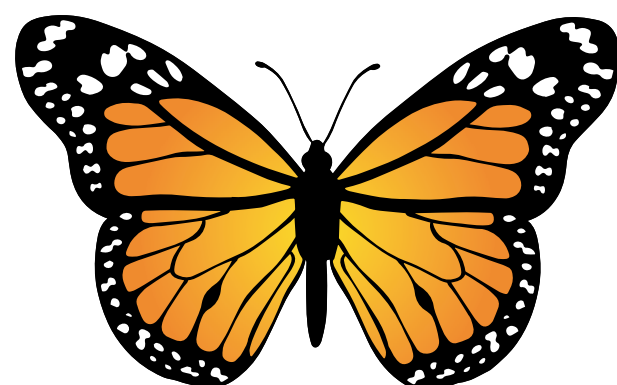
**Different View**



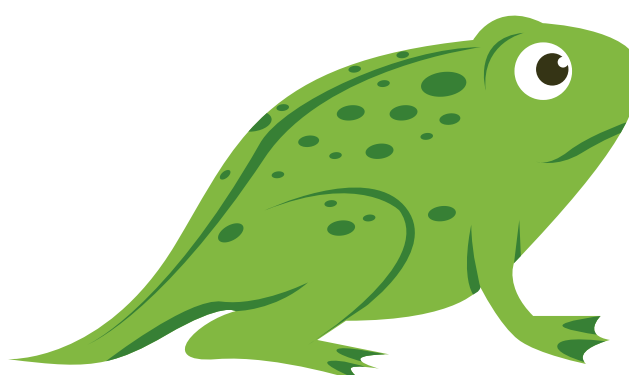
**Color Confusion**



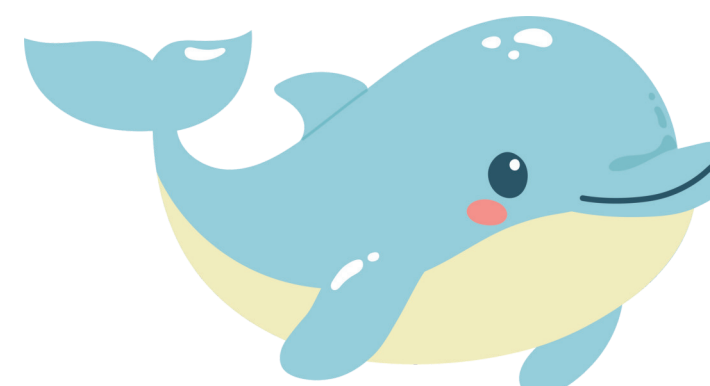
**Room to Grow**



**Green Power**



**Bubble Pop**



**Beaver Patch**



## **Sloth Walk**

- Slow down
- Grounding
- Mindfulness

## **Shake It Off**

- High energy
- Controlled release
- Reset

## **Jelly Dance**

- Body awareness
- Controlled release
- Impulse redirection

## **Ant March**

- Flexible thinking
- Problem-solving
- Impulse redirection

## **Lucky Cat**

- Resilience
- Confidence building
- Impulse redirection

## **Flutter Home**

- Rhythm
- Self-soothing
- Controlled release

## **Different View**

- Flexible thinking
- Thought reset
- Problem-solving

## **Color Confusion**

- Grounding
- Feelings check-in
- Mindfulness

## **Room to Grow**

- Self-soothing
- Slow down
- Thought reset

## **Green Power**

- Grounding
- Resilience
- Thought reset

## **Bubble Pop**

- Thought reset
- Resilience
- Emotional sorting

## **Beaver Patch**

- Planning
- Problem-solving
- Thought reset

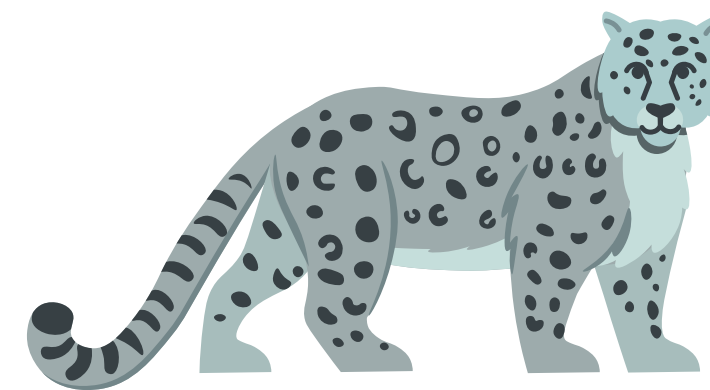
**Monkey Art**



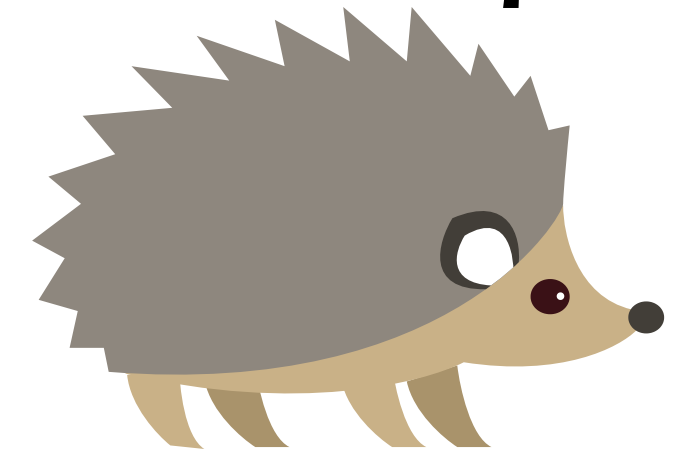
**Tiny Lion**



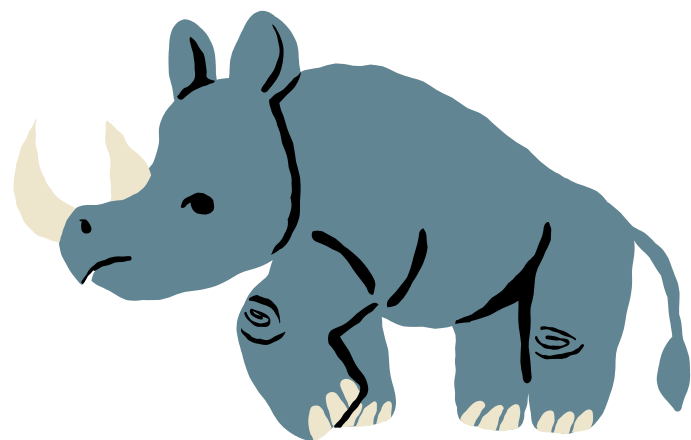
**Mt. Challenge**



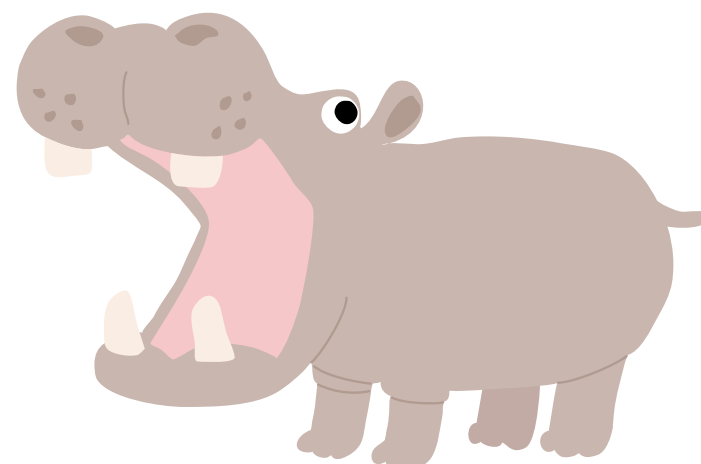
**Careful  
Cleanup**



**Road Block**



**Hippo Stomp**



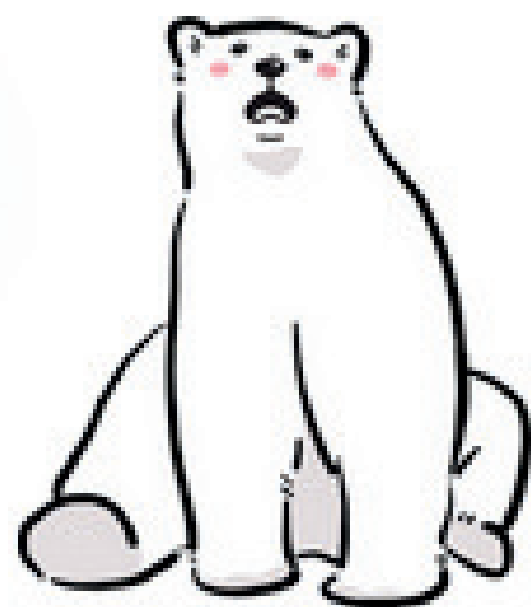
**Gorilla  
Grumble**



**Snake  
Squeeze**



**Snowy Rest**



**Spray Down**



**Small  
Problem**



**Deep Dive**



### **Monkey Art**

- High energy
- Controlled release
- Impulse redirection

### **Tiny Lion**

- Self-soothing
- Meltdown recovery
- Rhythm

### **Mt. Challenge**

- Slow down
- Grounding
- Narrative

### **Careful Cleanup**

- Slow down
- Body awareness
- Narrative

### **Road Block**

- Deep pressure
- High energy
- Reset

### **Hippo Stomp**

- High energy
- Grounding
- Visualization

### **Gorilla Grumble**

- High energy
- Controlled release
- Rhythm

### **Snake Squeeze**

- Deep pressure
- Self-soothing
- Body awareness

### **Snowy Rest**

- Low energy
- Narrative
- Stillness

### **Spray Down**

- Low energy
- Narrative
- Visualization

### **Small Problem**

- Controlled release
- Deep pressure
- Narrative

### **Deep Dive**

- Body awareness
- Deep pressure
- Controlled release