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ID#	Card	Title	Skill Tags	Tier
BCK		Blue Check-In	Sad, Sleepy, Sick, Hurt	
B1		Bear Hug	<b>Advocacy</b> Deep Pressure Self-Soothing	
B2		Mama Panda	<b>Self-Soothing</b> Relaxation Expression	
B3		Cat Nap	<b>Recovery</b> Advocacy Grounding	
B4		Whale Breaths	<b>Relaxation</b> Resilience Reframing	
B5		Shell Magic	<b>Self-Soothing</b> Recovery Visualizing	
B6		Cheetah Chill	<b>Grounding</b> Relaxation Body Awareness	
B7		Bayside View	<b>Visualizing</b> Body Awareness Recovery	
B8		Bird's Eye View	<b>Grounding</b> Mindfulness Check-In	
B9		Positive Thoughts	<b>Reframing</b> Gratitude Flexible Thinking	
B10		Brave Waddle	<b>Resilience</b> Confidence Visualizing	
B11		Yummy Climb	<b>Body Awareness</b> Mindfulness Relaxation	
B12		Growing Grace	<b>Confidence</b> Reframing Check-In	

ID#	Card	Title	Skill Tags	Tier
YCK		Yellow Check-In	Worried, Surprised, Confused, Silly	
Y1		Sloth Walk	<b>Mindfulness</b> Relaxation Body Awareness	
Y2		Shake It Off	<b>Self-Soothing</b> Energy Release Body Awareness	
Y3		Jelly Dance	<b>Energy Release</b> Impulse Control Body Awareness	
Y4		Buzz On Home	<b>Impulse Control</b> Self-Soothing Body Awareness	
Y5		Ant Sized Bites	<b>Check-In</b> Flexible Thinking Recovery	
Y6		Lucky Cat	<b>Resilience</b> Flexible Thinking Recovery	
Y7		Owl View	<b>Flexible Thinking</b> Check-In Problem-Solving	
Y8		Color Confusion	<b>Check-In</b> Flexible Thinking Problem-Solving	
Y9		Room to Grow	<b>Resilience</b> Recovery Body Awareness	
Y10		Green Power	<b>Planning</b> Impulse Control Reframing	
Y11		Worry Pop	<b>Reframing</b> Impulse Control Resilience	
Y12		Beaver Patch	<b>Planning</b> Problem-Solving Resilience	

ID#	Card	Title	Skill Tags	Tier
GCK		Green Mantra	Happy, Calm, Ready, Proud	
G1		Cheek Squish	<b>Self-Soothing</b> Body Awareness Check-In	
G2		Otter Stretch	<b>Body Awareness</b> Mindfulness Relaxation	
G3		Flamingo Balance	<b>Resilience</b> Reframing Body Awareness	
G4		Armadillo Roll	<b>Check-In</b> Mindfulness Expression	
G5		Bunny Burrow	<b>Check-In</b> Reframing Grounding	
G6		Meadow Gallop	<b>Visualizing</b> Reframing Flexible Thinking	
G7		Positive Parrot	<b>Confidence</b> Self-Talk Check-In	
G8		My Treasure Shell	<b>Gratitude</b> Self-Talk Advocacy	
G9		Nest of Choices	<b>Planning</b> Flexible Thinking Reframing	
G10		Detective Dog	<b>Grounding</b> Mindfulness Advocacy	
G11		Talk to Joey	<b>Self-Talk</b> Reframing Expression	
G12		Tiger Proud	<b>Confidence</b> Self-Talk Check-In	

ID#	Card	Title	Skill Tags	Tier
RCK		Red Check-In	Angry, Too Much, Loud, Annoyed	
R1		Spray Down	<b>Visualizing</b> Self-Soothing Grounding	
R2		Baby Lion	<b>Recovery</b> Impulse Control Energy Release	
R3		Monkey Art	<b>Expression</b> Energy Release Impulse Control	
R4		Gorilla Grumble	<b>Energy Release</b> Impulse Control Expression	
R5		Hippo Stomp	<b>Recovery</b> Impulse Control Energy Release	
R6		Mt. Challenge	<b>Visualizing</b> Grounding Mindfulness	
R7		Treasure Pick Up	<b>Impulse Control</b> Planning Resilience	
R8		Snowy Rest	<b>Recovery</b> Relaxation Body Awareness	
R9		Road Block	<b>Energy Release</b> Impulse Control Recovery	
R10		Snake Hugs	<b>Deep Pressure</b> Impulse Control Body Awareness	
R11		Power Squeeze	<b>Impulse Control</b> Deep Pressure Recovery	
R12		Deep Dive	<b>Body Awareness</b> Visualizing Resilience	