

# Check-In Station



**I can...**

Change tasks



**I can...**

Hydrate with water



**I can...**

Eat a snack



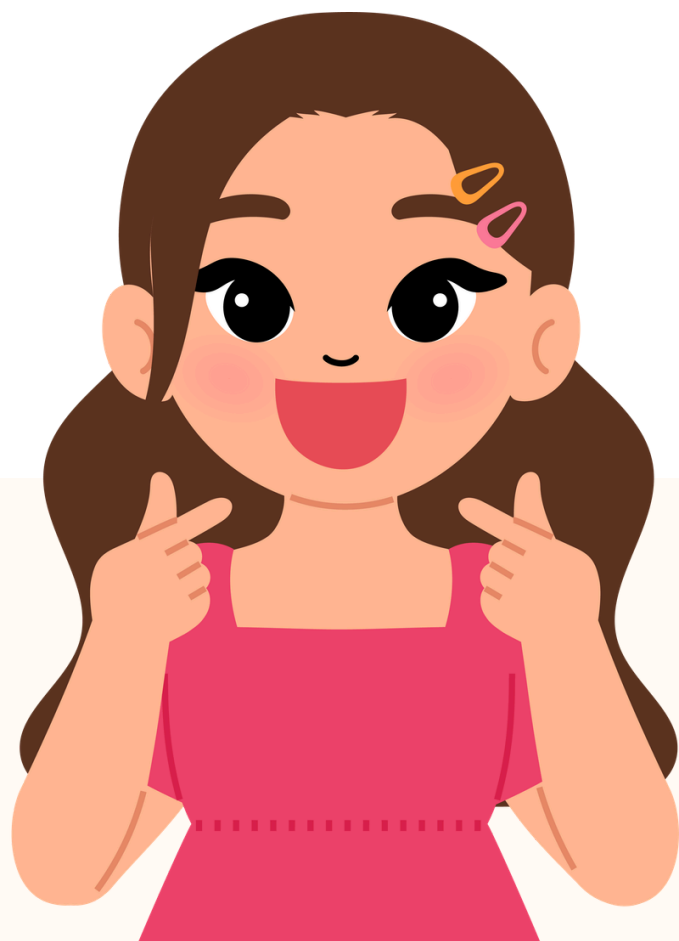
**I can...**

Change rooms



**I can...**

Keep deep breathing



I am feeling \_\_\_\_\_.



Need help with \_\_\_\_\_.

