

ask for a hug



have a drink



sensory break



ready to learn



using kind words



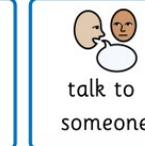
following the rules



roller coaster breathing



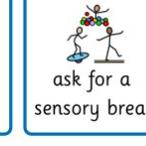
take some time



talk to someone



walk away



ask for a sensory break



ask for help