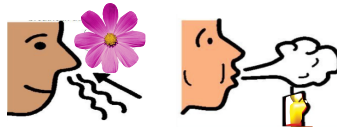


Take a Break

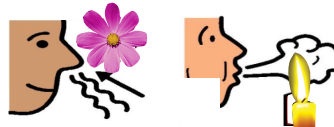
- ☐ Take 5 slow, deep breaths



- ☐ Squeeze squishy ball 5 times in each hand



- ☐ Take 5 more, slow, deep breaths



- ☐ Think a happy thought



I can do this!
The museum is fun!

I am feeling relaxed



Check Schedule

I am not relaxed



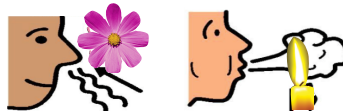
I will take more deep breaths



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Take a Break

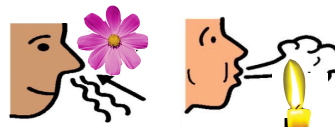
- ☐ Take 5 slow, deep breaths



- ☐ Squeeze squishy ball 5 times in each hand



- ☐ Take 5 more, slow, deep breaths



- ☐ Think a happy thought



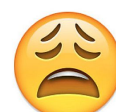
I can do this!
The museum is fun!

I am feeling relaxed



Check Schedule

I am not relaxed



I will take more deep breaths



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