Hey!

Thanks for subscribing. Here are your free calm-down cards. I hope they'll come in handy during difficult moments ☺

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Play on the trampoline

Read a book

Run around the house

Count to 20

Paint

Play ball

Dance

Color a mandala

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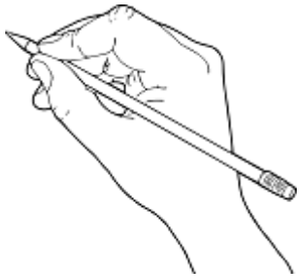
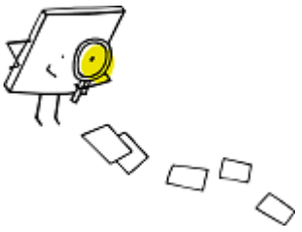


Draw



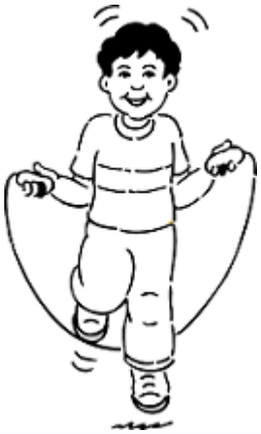
Go on a scavenger hunt

Listen to music

Blow bubbles

Ask for a hug

Talk about it



Skip

All the images proposed here were downloaded from Pixabay.com

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