

Take three deep breathes

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Slowly count to ten

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Sing a song

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Play soothing music

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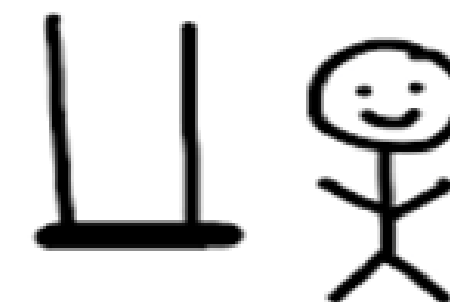
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Take a walk

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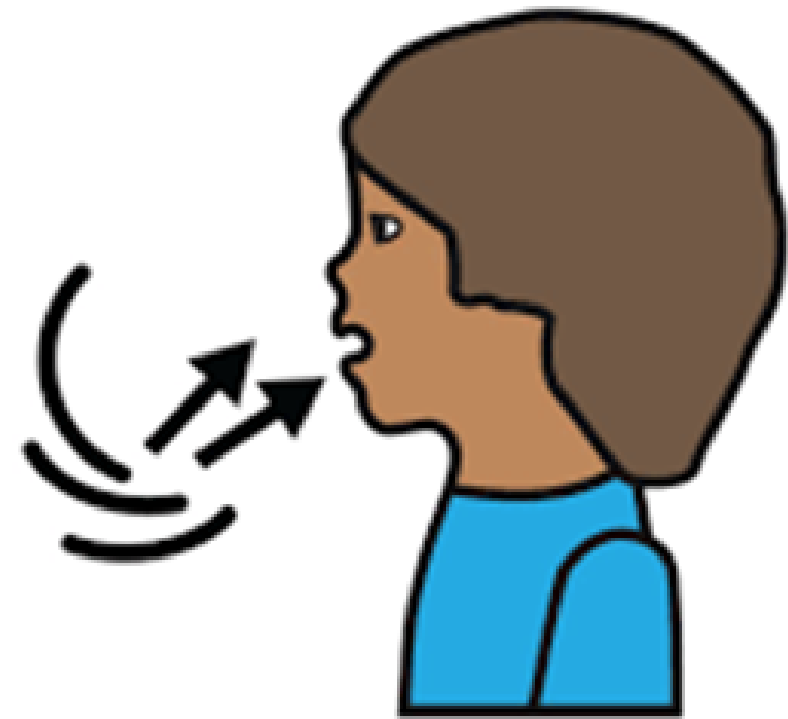


Go outside

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Tome tres respiraciones profundas

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Cuenta lentamente hasta diez

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Canta una cancion

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Pon musica relajante

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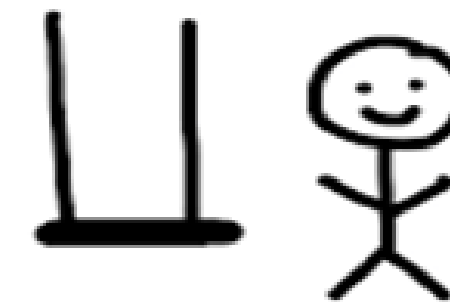
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Dar un paseo

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Salir afuera

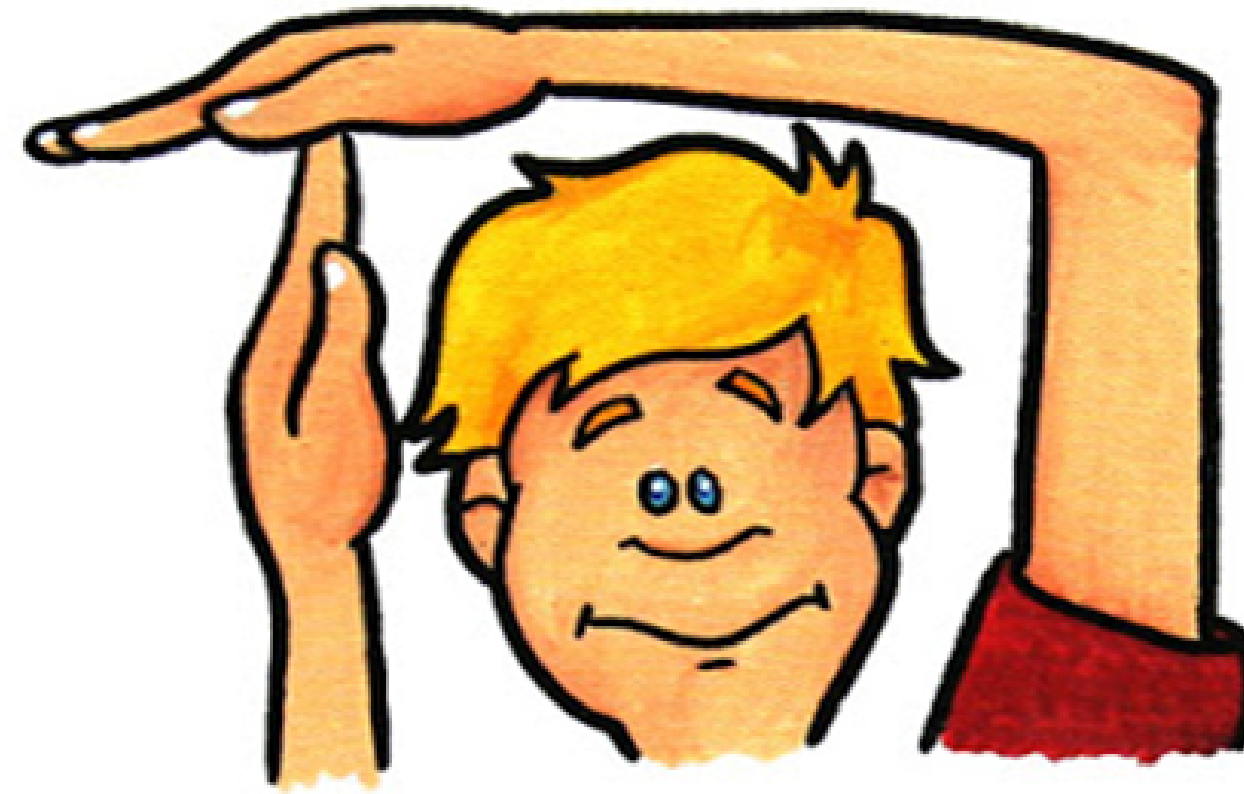
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Visualize drawing a circle



Take Five



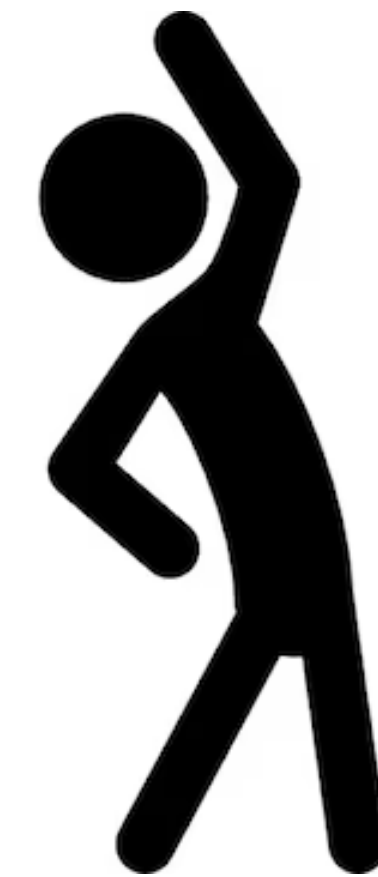
Name 3 things that you can hear



Name 3 things that you can see



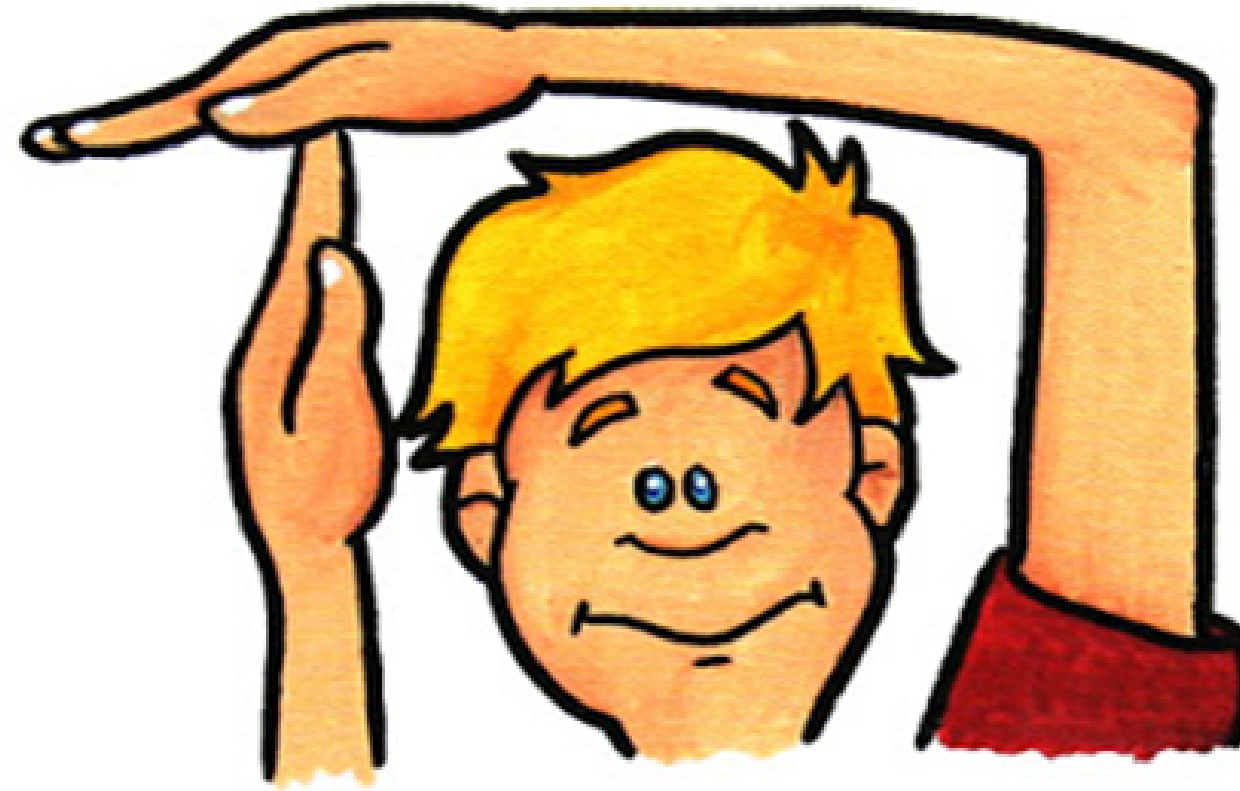
Think about what you are thankful for



Move your body—stretch, walk



Visualiza dibujando un círculo



Toma cinco



Nombra 3 cosas que puedes escuchar



Nombra 3 cosas que puedes ver



Piensa en lo que estas agradecido



Mueva su cuerpo—estirese, camine