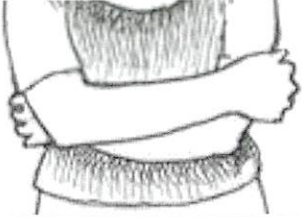



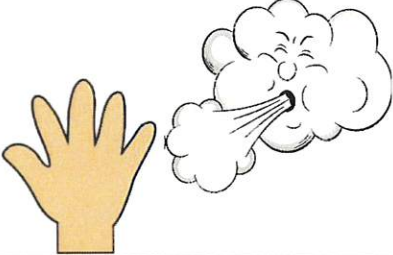

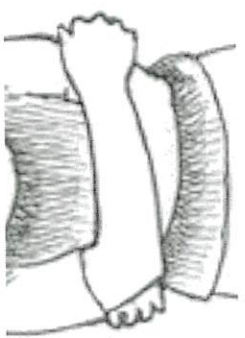
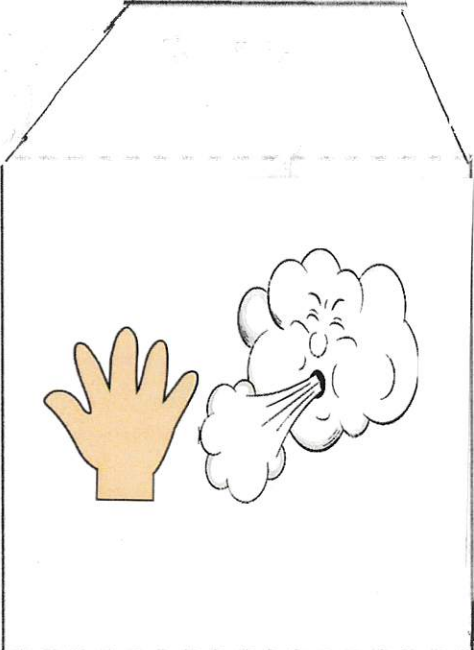
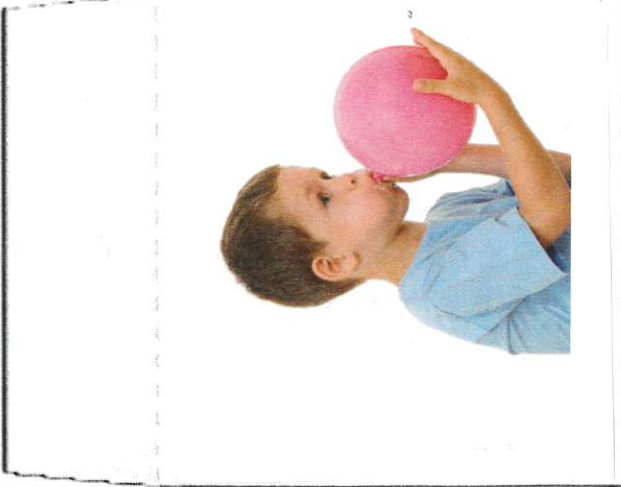



## CALMING CUBE INSTRUCTIONS

	<p>Cross your arms in front of you, far enough to touch your sides. Squeeze and hold for five to ten seconds.</p>
	<p>Sit on the floor. Spread legs apart. Bend one leg in. Raise one hand over head and lean to your knee.  Repeat bending on the other side.</p>
	<p>Deep breath in. Blow your balloon slowly. Then let it out! (Can use B. Bailey strategy also)</p>
	<p>Imagine you have sticky palms. Put your hands together and push hard to make them stick. Slowly count to fifteen.</p>
	<p>Put one hand out in front of you, fingers spread. Trace your hand with the index finger of your other hand. Breathe in when you're going up the finger and breathe out when you're going down the finger.</p>
	<p>Place your index finger across your "mustache". Press gently and count to ten.</p>

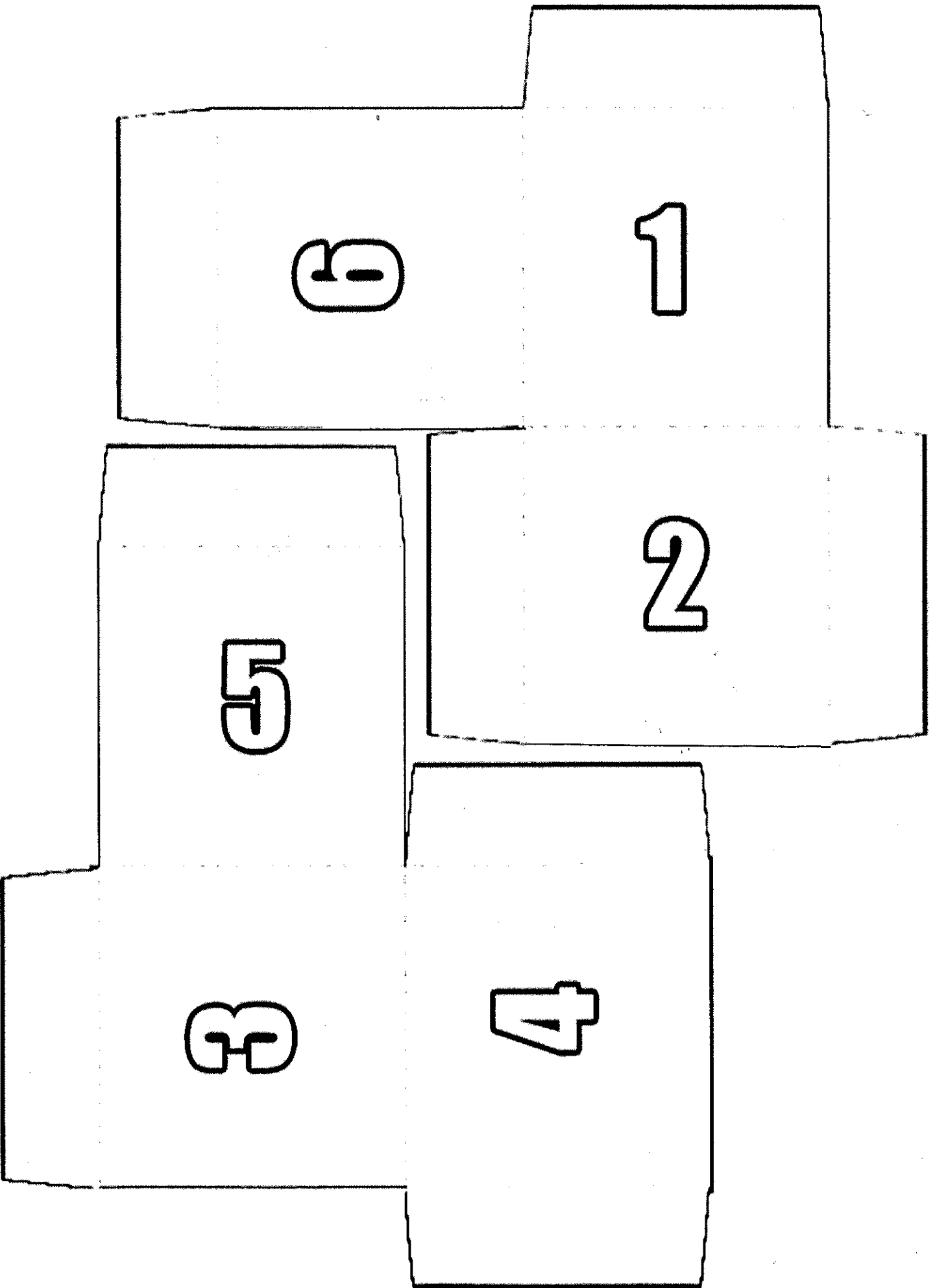


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