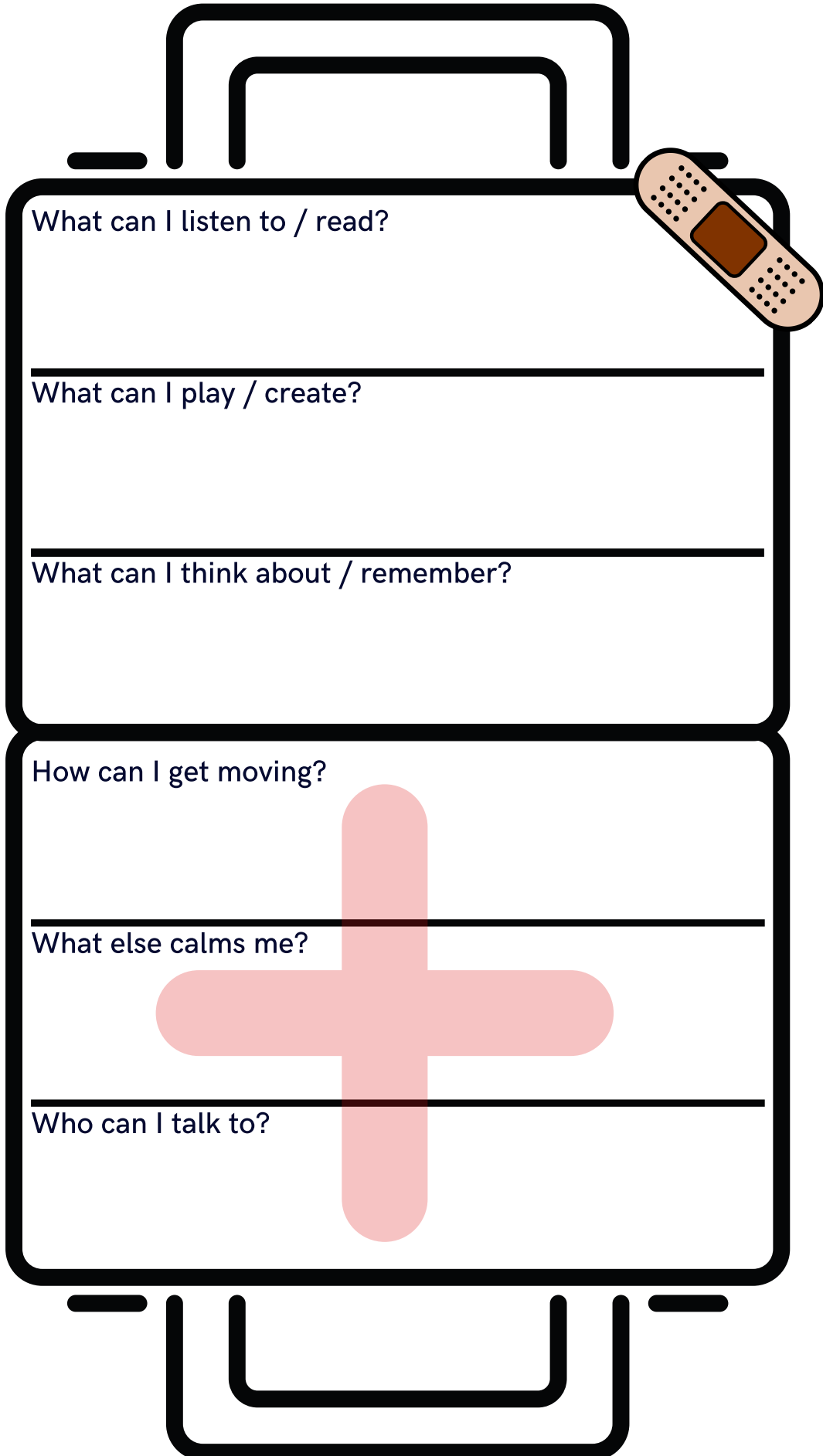


My Calming First Aid Kit



What can I listen to / read?

What can I play / create?

What can I think about / remember?

How can I get moving?

What else calms me?

Who can I talk to?

