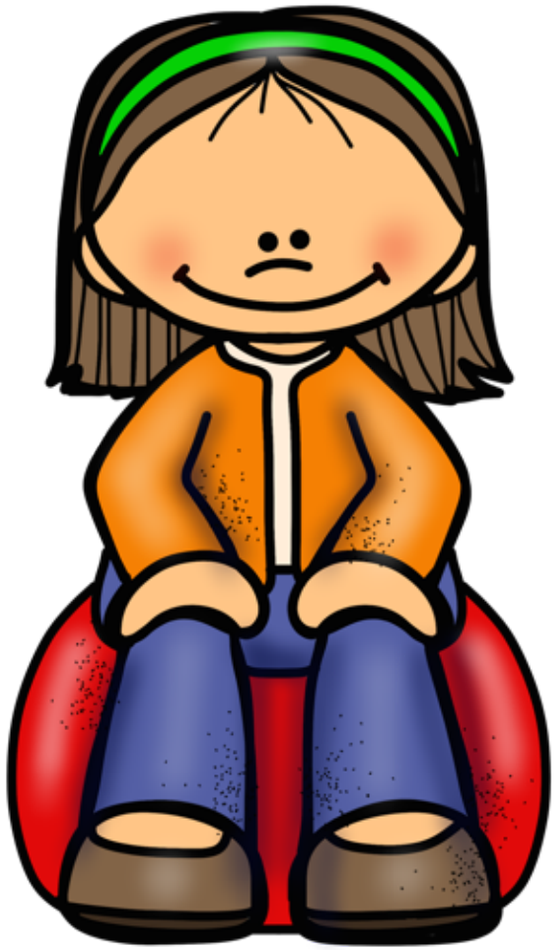
CALMING CARDS









20 CARDS



M. BOSSENMEYER, ED.D.

Table of Contents

Good Choices Cover Card	Pg. 3
Good Choices Cards	Pg. 3-6
Terms of Use	Pg. 7
Favorite Designers	Pg. 8
Similar Products	Pg. 10



CALMING CARDS

20 CARDS



M. Bossenmeyer, Ed.D.



BREATH OUT SLOWLY



CHEW GUM



COUNT TO 10


GO FOR
A WALK


TALK TO
A FRIEND


GET A DRINK OF
WATER


EXERCISE

LISTEN TO MUSIC



PUSH

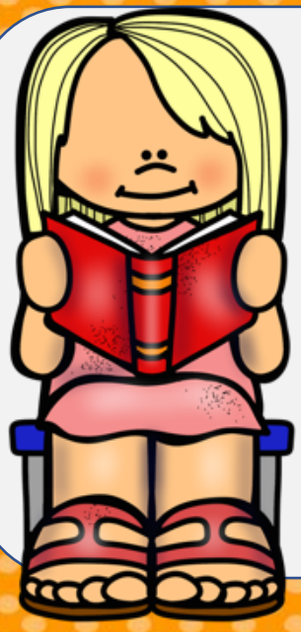


THINK HAPPY THOUGHTS



DO JUMPING JACKS



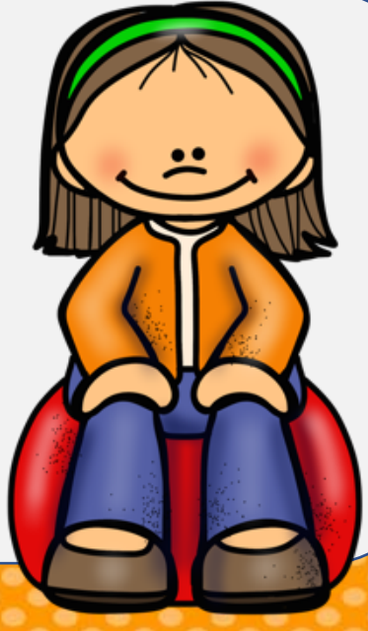


READ A BOOK

RELAX IN A COMFORTABLE SPACE



SIT ON A BODY BALL





SQUEEZE A STRESS BALL

PLAY WITH BLOCKS



GO FOR A WALK



DO YOGA



YOGA POSES



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DR. MELINDA BOSSENMEYER, ED.D.

Favorite Designers











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