

QUICK-VARIATION ACTIVITIES

13



Calm-Down Kit Challenge

Create personal kits & explain why items help.



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Music & Mood

List relaxing music and share the why.



15

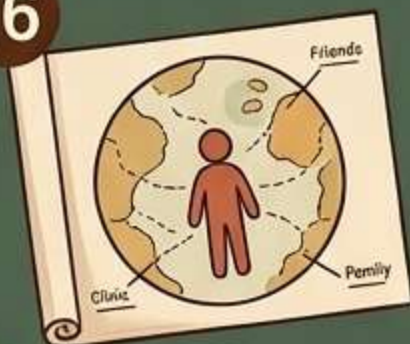


Group Breathing/PMR

Practice relaxation, then check-in.



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Support Circle Mapping

Map your support people, places, & resources.



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Role-Play Relay

Demonstrate healthy coping responses.

