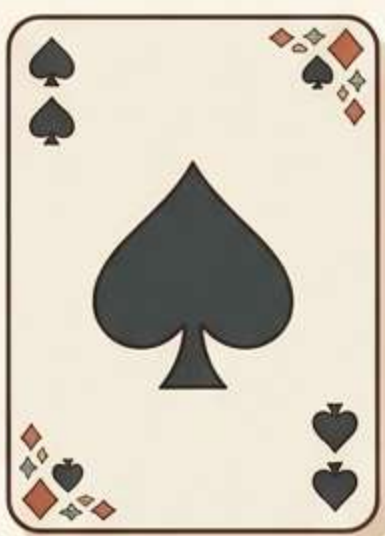


REGULAR DECK OF CARDS INTO A COPING GAME



1. FEELINGS
(e.g., Happy,
Anxious)



**2. CALMING
SKILLS**
(e.g., Deep
Breathing,
Counting)



**3. PROBLEM-
SOLVING**
(e.g., Brainstorm
Solutions, Ask
For Help)

