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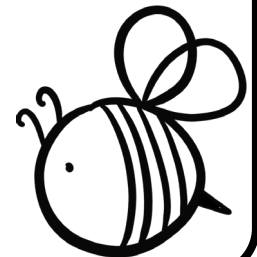
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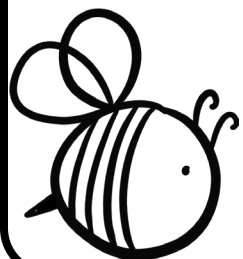




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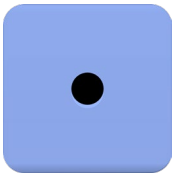

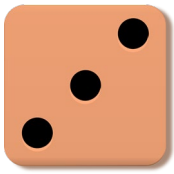



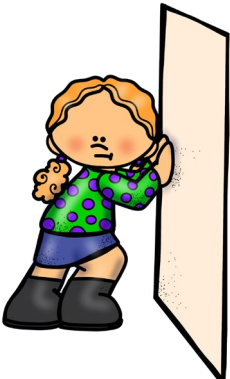

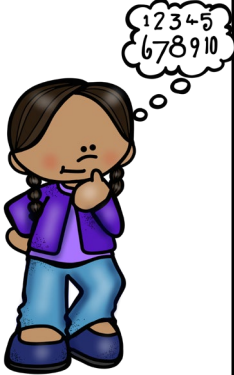



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Roll and Calm - roll the die and try the exercise. Use these when you have big feelings

					
					
<p>Try pushing against something like a wall as hard as you can. Let all those angry feelings out.</p>	<p>Try some deep breathing. Breathe in and out, notice the air filling your lungs and then leaving your body.</p>	<p>Try counting. You can count forwards or backwards.</p>	<p>Try some yoga or meditation. Concentrate on being here right now, notice your breathing, notice all your body sensations.</p>	<p>Try some exercises. Jump up and down on the spot or have a run or fast walk around the playground.</p>	<p>Try relaxing on a beanbag or some cushions. Try and completely relax your body. Let it go all floppy.</p>