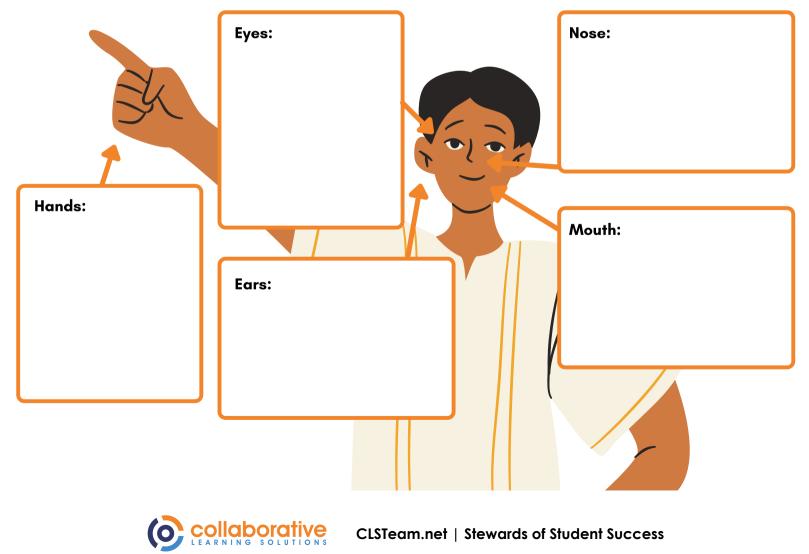


**Instructions:** Using the image below, think of ways you can use your senses to make yourself feel better when you're feeling upset.

For example: Smelling a nice flower can go in the "nose" box, listening to music can go in the "ears" box, and hugging your dog can go in the "hands" box.



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