



# Active Academy

FITNESS FOR ALL

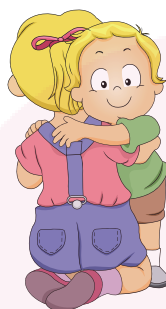
## COPING SKILLS



**Read**



**Good Food**



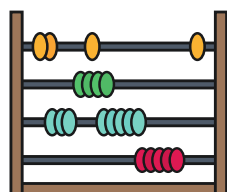
**Hugs**



**Sport**



**Talk**



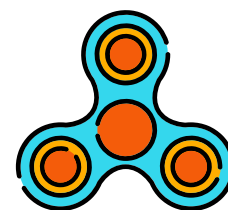
**Counting**



**Nature**



**Music**



**Toys**



**Sleep**



**Yoga  
Meditate**



**Art**



**Friends**

**What works for you??**

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