

## EQ Pack

## **Includes:**

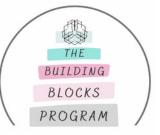
- 4 Basic Emotions
- Emotions Vocabulary: Bringing awareness of emotions
- What Am I feeling? Figuring out the feeling to decode your child's behaviour
- 48 Calming Strategies
- List of ideas to include in the calming basket
- How To Implement Your Calming Space At Home

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