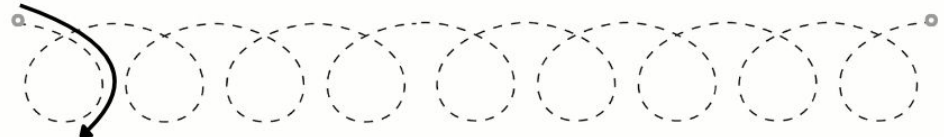
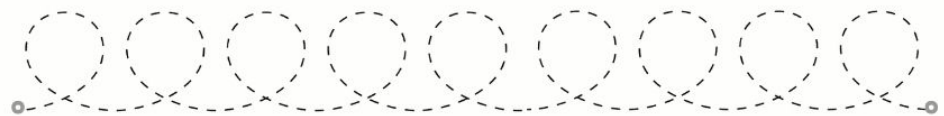
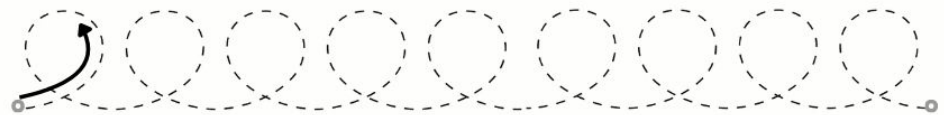


Calming Skills: Loopy Paths

Tracing these paths helps develop the skills needed to write letters like:
'l', 'e', 'f', 'b', 'h', 'k' (Loops and swirls), 'j', 'g', 'y', 'p' (Descending tails)



"Can we slow down and breathe together?"
Practicing calm moments builds regulation.