













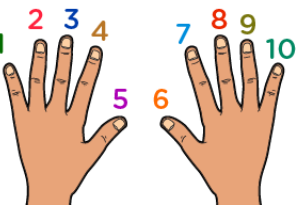



Healthy Habits Chart

 <p>Butterfly Breathing</p>	 <p>Sleep</p>	 <p>Nature</p>	 <p>Music</p>	 <p>Give Back</p>	 <p>Journal</p>
 <p>Yoga</p>	 <p>Nutrition</p>	 <p>Talk to Friend</p>	 <p>Play</p>	 <p>Art</p>	 <p>Mindfulness</p>
 <p>Exercise 30 Minutes</p>	 <p>Limit Electronics</p>	 <p>Gratitude</p>	 <p>Talk to Adult</p>	 <p>Count to Ten</p>	 <p>Self-talk</p>