

When the Going Gets Tough
Reset Strategy Options and Items

Strategy Options	Item/Link	Current Price
Strategy Room: Nine Drawer Dresser	Ebern Chest of Drawers, Nine Drawer Dresser https://www.wayfair.com/furniture/pdp/ebern-designs-chest-of-drawers-9-drawer-dresser-wood-dresser-9-drawer-chest-w010240150.html?piid=1724788959	299.99
Strategy Shelves: Storage Box with Lid	TJENA Storage Box with Lid, Black https://www.ikea.com/us/en/p/tjena-storage-box-with-lid-black-30395477/	3.99
Strategy Cart: Rolling Storage Cart	10 Drawer Rolling Storage Cart https://www.amazon.com/dp/B08RBSY4ZL?ref=ppx_yo2ov_dt_b_fed_asin_title&th=1	56.99
Strategy Tool Box: Storage Box/Tool Box	Three-Layer Clear Plastic Storage Box/Tool Box https://www.amazon.com/dp/B0BH3DLX94?ref=ppx_yo2ov_dt_b_fed_asin_title	23.99
Strategy Organizer	Queekay Blank Chore Chart https://www.amazon.com/gp/product/B0BCW73671/ref=ox_sc_saved_image_3?smid=A1N0GAB5KBDLGB&th=1	7.99

Strategy	Example of Strategy Item/Link	Current Price
<p>Strategy #1: Breathing Technique</p>	<p>Breathing Toy Sphere for Kids https://www.amazon.com/Sunny-Days-Entertainment-Expandable-Ball/dp/B0CD92BP3D/ref=sr_1_4?crid=2BHM C2PJA7IF0&dib=eyJ2IjojMSJ9.kUOmUXdJ-j4cUiyarqQpDkbp6TAWLyPCPRKx1cZiXhuED_UGS5iDWRif6IeTVhjxwfl1KpzWxfYmzVX5Y1mZjzDn2lJO3x56FYRzkipYI_RETNIrl0yDv7TBR2KLROX6xLc7ZAAcg3fq6do4PFv6KM7GJNd8tOCMcYchK03L7-cOYxGcc23GX3_tyjeOY3CHCrj1gBFPfubrpLsmHkjZ_PCVMmNoo mcBQmk5ZkZBTvUOA0OAmLAQJ4pBfCo3KbHKfvTv4mNVJomkGTs_L eXVjk2A5TLhjd2fBFsKm8u_XXA.HMGUp4R-ZNEfW0WPmySKiHqx9UIsM7lfywuhMPi--DM&dib_tag=se &keywords=collapsible+ball&qid=1733691879&s=toys-and-games&sprefix=collapsible+bal%2Ctoys-and-games%2C161&sr=1-4</p>	<p>10.97</p>
<p>Strategy #2: Mindfulness Using Five Senses</p>	<p>See: Fun to Find https://www.amazon.com/gp/product/164876259X/ref=ox_sc_act_title_5?s_mid=ATVPDKIKX0DER&psc=1</p> <p>Smell: Scented Markers for Kids https://www.amazon.com/gp/product/B0D9M1ZHZY/ref=ox_sc_act_title_6?smid=A1OJVJ59665XEY&th=1</p> <p>Taste: Life Savers Hard Candy https://www.amazon.com/gp/product/B07W7FMO9R/ref=ox_sc_act_title_3?smid=ATVPDKIKX0DER&psc=1</p> <p>Hear: Kalimba https://www.amazon.com/gp/product/B0BK4NJ7W2/ref=ox_sc_act_title_1</p>	<p>5.69</p> <p>7.96</p> <p>11.17</p> <p>8.90</p>

	<p>1?smid=A1QAMC023MV5LF&th=1</p> <p>Touch: Crazy Aaron's Hide Inside https://www.amazon.com/gp/product/B08XK3P5LZ/ref=ox_sc_act_title_9?smid=AUVW0I4A7NON6&psc=1</p>	14.95
Strategy #3: Practicing Gratitude	<p>The Three Minute Gratitude Journal for Kids https://www.amazon.com/gp/product/194820956X/ref=ox_sc_act_title_13?smid=ATVPDKIKX0DER&psc=1</p> <p>Gratitude Cards for Kids https://www.amazon.com/gp/product/B09SZH65P2/ref=ox_sc_act_title_1?smid=AMOKHICWULRCB&psc=1</p>	5.24 13.90
Strategy #4: Journaling and Drawing	<p>Bright Creations 6 Pack of Blank Books https://www.amazon.com/Creations-Stories-Journal-Paperback-5-5x8-5/dp/B08DXM68PW/ref=sr_1_1_sspa?criid=100A7NIOCR953&dib=eyJ2IjoiMSJ9.BWZ0U6gQYcnH82-Npt2g6F61Og6UqzF3PF6zZdv9GXthoOZYqhFCIkoU5iUz_PvrCDI9yKqF_3ARg1P-1hlmle-Je-KHu9lpVx4v5hgNekUGVa3lYUbGKia369j7-ukpPq8oeRmXkWeMV_qBWz8Ffu5IJmNQBL5UZ8oqB-gRkHLGgX1DVDIG3ALLL5bZq34a8GwsLJwexKnQhqMvrnk0Zf5SQOqdUPV8r_9RgMpjjnCg8_CMvl04uD oDraGw8B3U1S-15KW9RMgK-KO4SrQEhNhBYkBh-v-VJSw3FGlBaho.xmKSmKaIT_ik4toiljpwKmtJDg3pSvY-I1kyZpYeJn0&dib_tag=se&keywords=blank+journal+for+kids&qid=1731365550&sprefix=blank+journal+for+kids%2Caps%2C215&sr=8-1-spons&sp_csd=d2lkZ2V0TmFtZT1zeF9hdGY&psc=1</p>	9.99

	Inspirational Quote Pencils https://www.amazon.com/gp/product/B0B6HZ824G/ref=ox_sc_act_title_7?smid=A4UBAOU8RBA1H&psc=1	8.99
Strategy #5: Exercise and Fresh Air	Skywin Exercise Dice https://www.amazon.com/gp/product/B085W628YG/ref=ox_sc_act_title_14?smid=A3F6XURI5ODXEX&psc=1	13.98
Strategy #6: Music and Movement	Kids Headphones https://www.amazon.com/gp/product/B0BCZ4VP4L/ref=ox_sc_act_title_12?smid=A2X8EI4ZPE5QPW&psc=1	10.39
	Wave Bead Ocean Drum https://www.amazon.com/Natural-Color-Musical-Instrument-Percussion/dp/B07YQ2KZ7B/ref=sxin_16_pa_sp_search_thematic_sspa?content-id=amzn1.sym.86e26e76-8138-47f9-9d58-a550bcf8f353%3Aamzn1.sym.86e26e76-8138-47f9-9d58-a550bcf8f353&crid=JF796I4EK0W7&ev_ct_cx=ball+drum&keywords=ball+drum&pd_rd_i=B07YQ2KZ7B&pd_rd_r=581e1f34-b3f2-49ae-9a3a-9da3f75501ea&pd_rd_w=gWx5l&pd_rd_wg=oxXNv&pf_rd_p=86e26e76-8138-47f9-9d58-a550bcf8f353&pf_rd_r=GNN63QA4Y2H5WVNHSDF&qid=1733692198&s=toys-and-games&sbo=RZvfv%2F%2FHxDF%2BO5021pAnSA%3D%3D&sprefix=ball+drum%2Ctoys-and-games%2C192&sr=1-4-6024b2a3-78e4-4fed-8fed-e1613be3bce-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9zZWZyY2hf dGhlfWF0aWM&psc=1	23.99
Strategy #7: Visualization	Mindfulness Workbook for Kids https://www.amazon.com/Mindfulness-Workbook-Kids-Activities-Compass	14.29

	ion/dp/1638070547?source=ps-sl-shoppingads-lpcontext&ref_=fplfs&psc=1&smid=ATVPDKIKX0DER	
Strategy #8: Guided Imagery	Imagine Meditation Cards for Kids https://www.amazon.com/gp/product/0578518279/ref=ox_sc_act_title_2?smid=A2OTK6R0AI8VT0&psc=1	24.99
Strategy #9: Talking to an Adult	Postcards Pack https://www.amazon.com/gp/product/B08W2XK67Y/ref=ox_sc_act_title_10?smid=A2BW1ZMJLJRRIS&psc=1 Whisper Phones https://www.amazon.com/gp/product/B08BX5NJVJ/ref=ox_sc_act_title_1?smid=AXQ2TEJF79KT5&psc=1	9.99 8.99