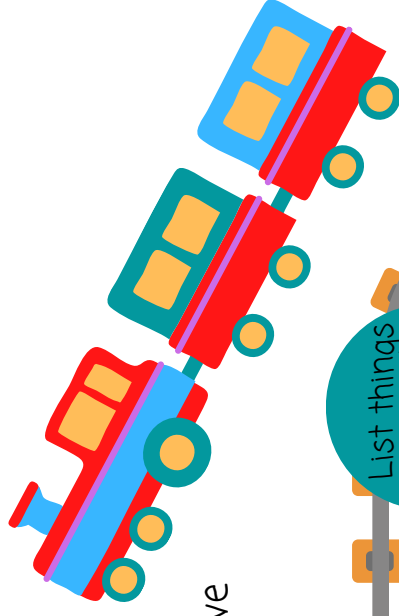


Jump on board the calming train



Run a toy train or trace your finger along the calming train track to learn positive and relaxing ways to make you happy when you are feeling upset or stressed

