






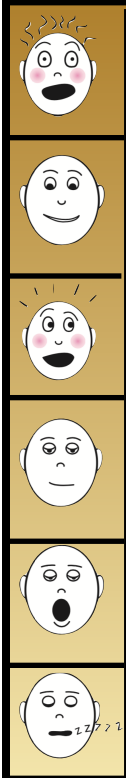








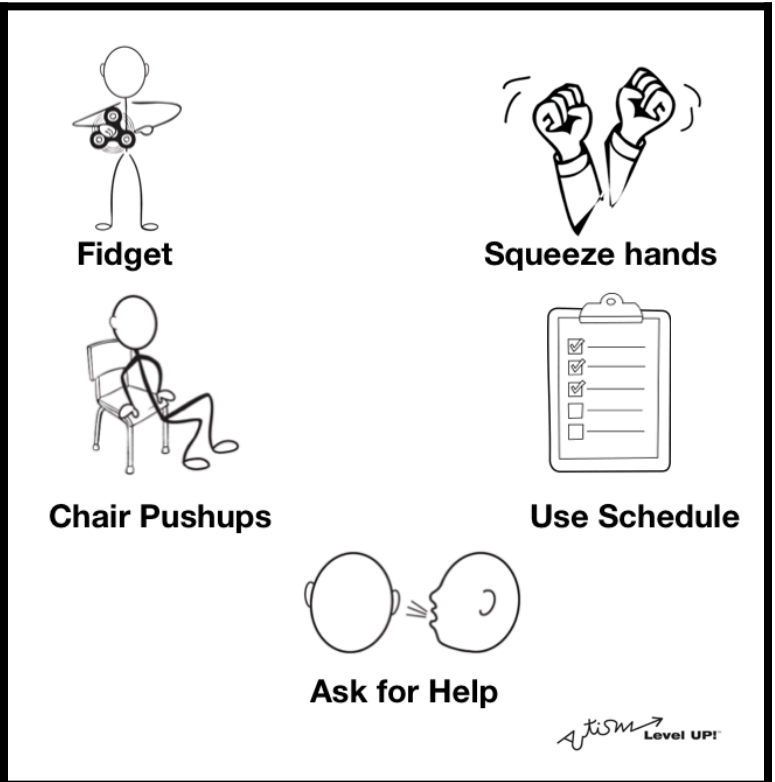
	<p>Power UP! 3+ Levels</p> 	 <p>Run</p>  <p>Jump</p>  <p>Swing</p>  <p>Touch Toes</p>  <p>Take Break</p> 
	<p>Power UP! 2 Levels</p> 	 <p>Walk</p>  <p>Hug</p>  <p>Stretch</p>  <p>Take Break</p>  <p>Eat / Drink</p> 



**Power UP!
1 Level**

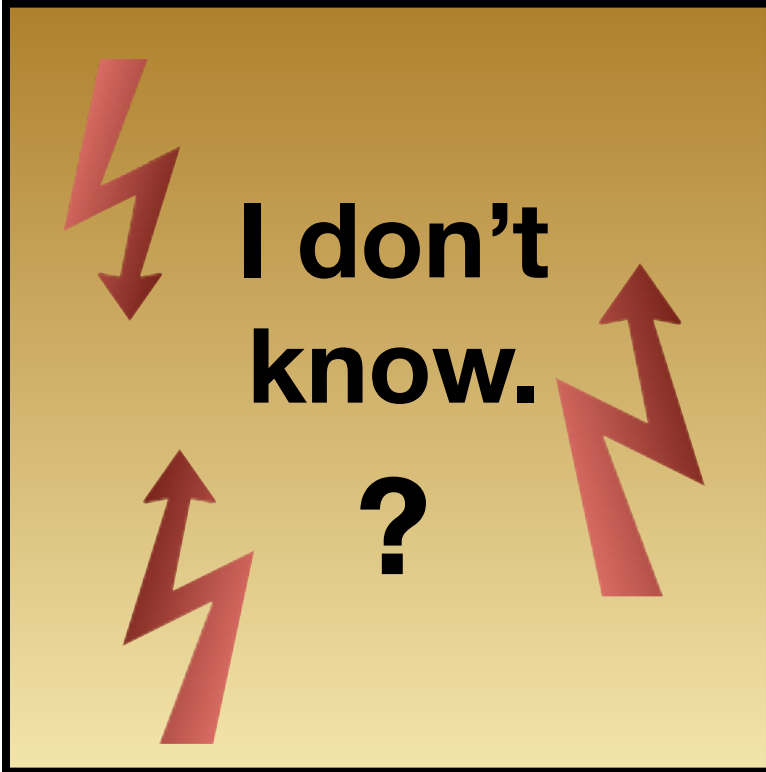


Fidget **Squeeze hands**

Chair Pushups **Use Schedule**


Ask for Help

AJSM → **Level UP!**



**I don't know.
?**

Take Break



Space **Quiet**

Rest **Time**

AJSM → **Level UP!**

Something is Different.



Help Me



Take Break



AJSM Level UP!

A few other strategies to consider



Clap Hands



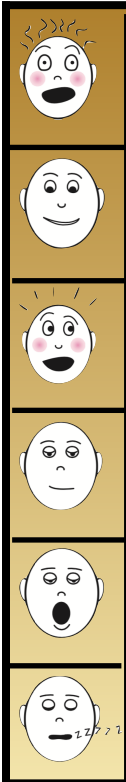
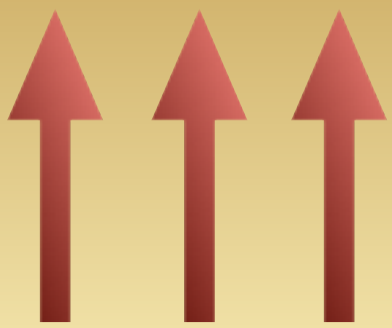

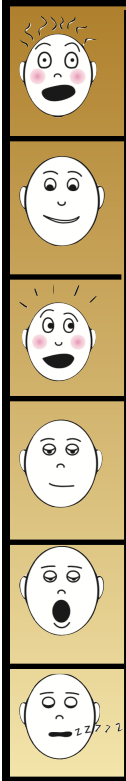
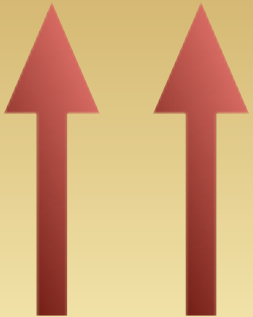

Chew Gum

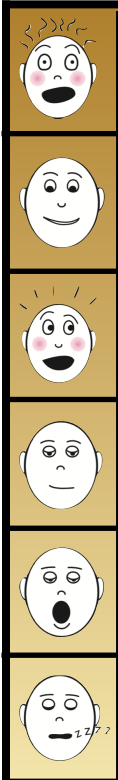

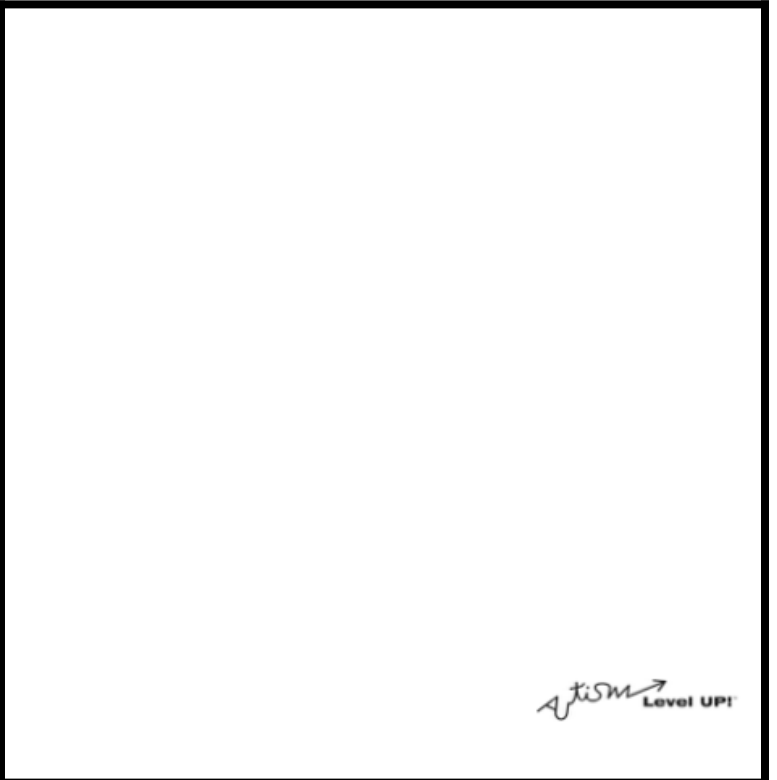





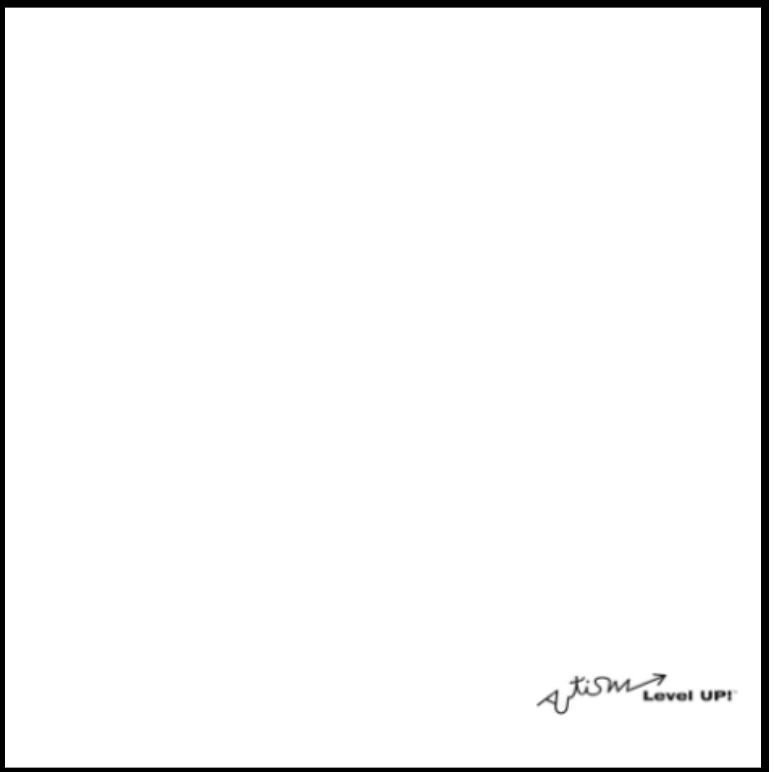
Hold Hands



Stand Up

	<p>Power UP!</p> <p>3+ Levels</p> 	
	<p>Power UP!</p> <p>2 Levels</p> 	

	<p>Power UP! 1 Level</p> 	 <p><i>AJSM</i> → Level UP!</p>
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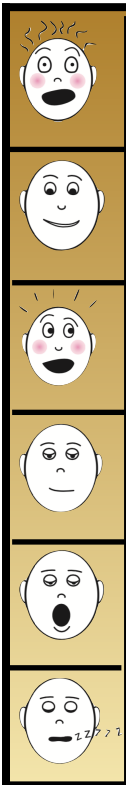
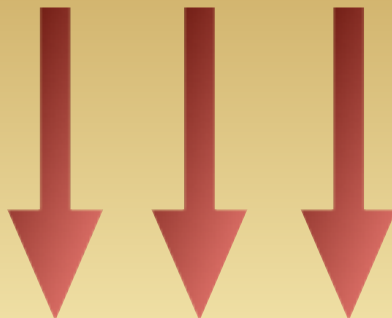





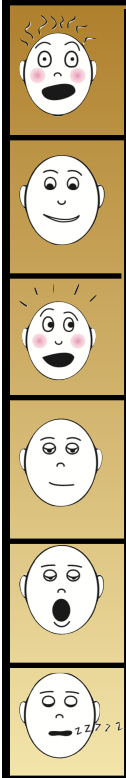






 <p>I don't know. ?</p>  	 <p><i>AJSM</i> → Level UP!</p>
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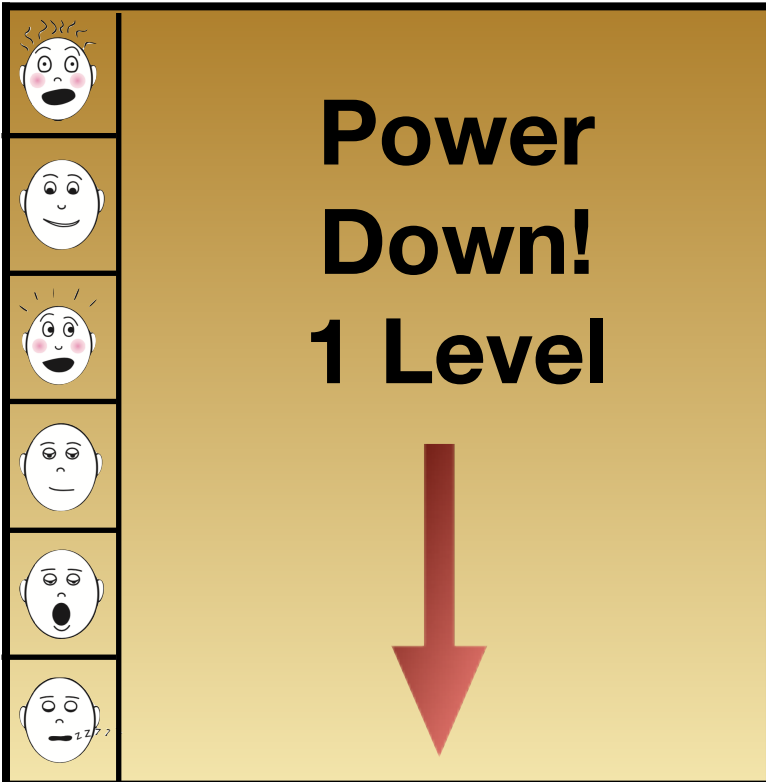
Something is Different.



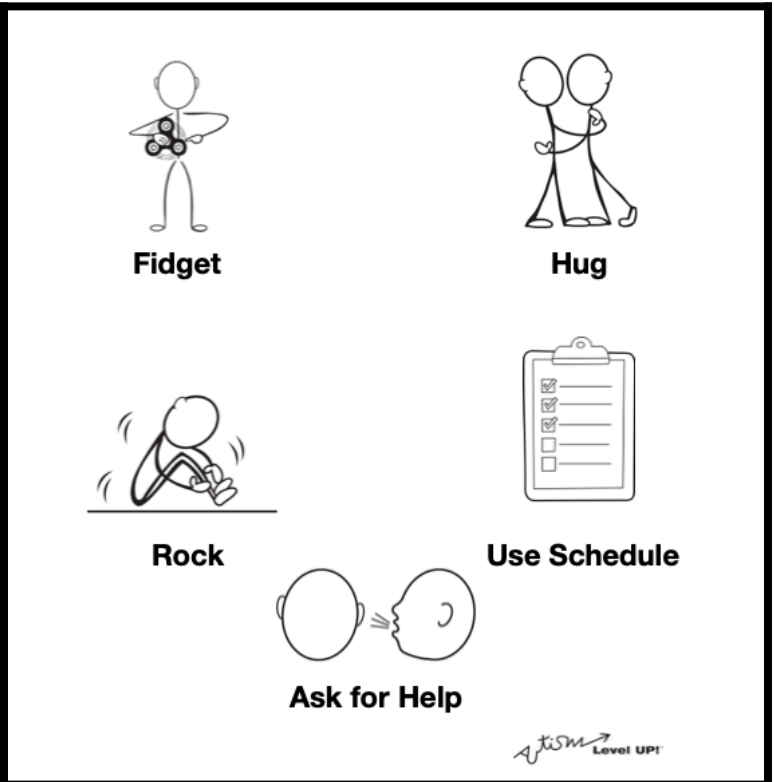
AJSM → Level UP!

AJSM → Level UP!

	<h1>Power Down!</h1> <h2>3+ Levels</h2> 	 <p>Run</p>  <p>Jump</p>  <p>Help Me</p>  <p>Dance</p>  <p>Take Break</p> <p><i>AJSM</i> Level UP!</p>
	<h1>Power Down!</h1> <h2>2 Levels</h2> 	 <p>Chair Pushups</p>  <p>Walk</p>  <p>Flap</p>  <p>Talk to Myself</p>  <p>Take Break</p> <p><i>AJSM</i> Level UP!</p>



**Power Down!
1 Level**

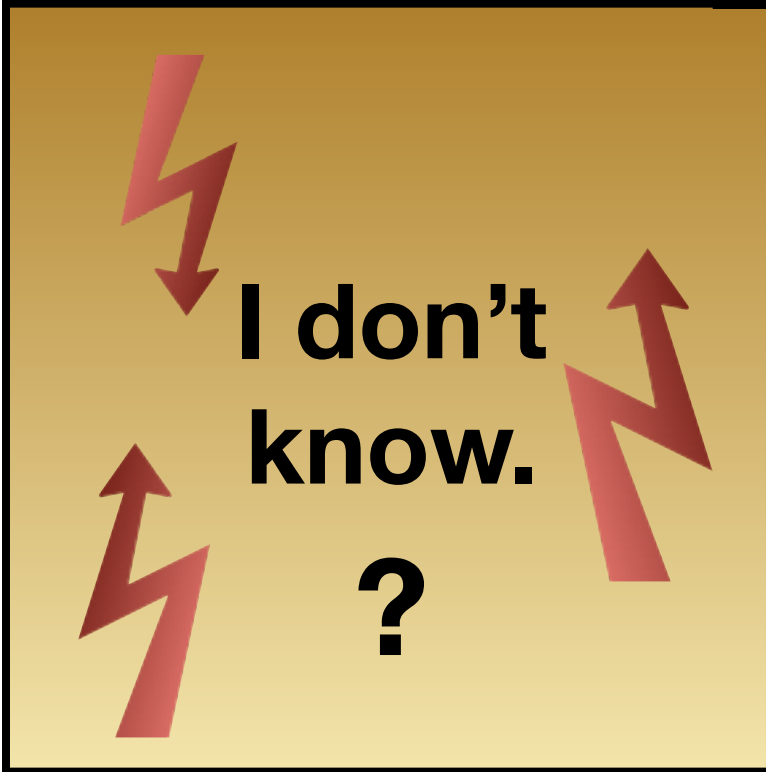


Fidget **Hug**

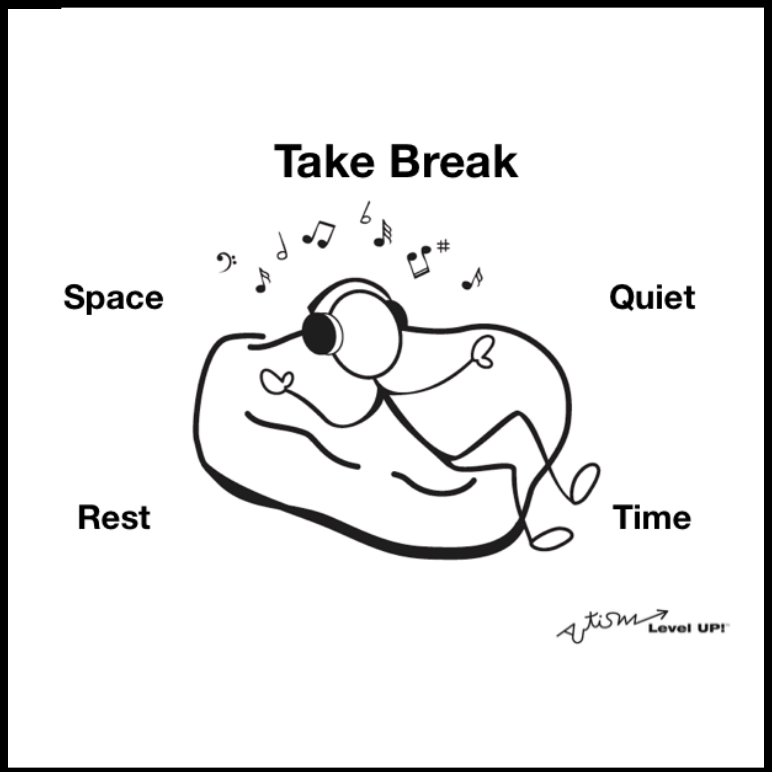
Rock **Use Schedule**

Ask for Help

AJSM Level UP!



**I don't know.
?**



Take Break

Space **Quiet**

Rest **Time**

AJSM Level UP!

Something is Different



Help Me



Take Break



AJSM Level UP!

A few other strategies to consider



Clap Hands



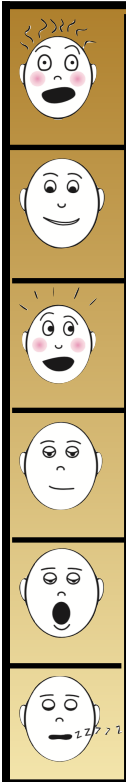

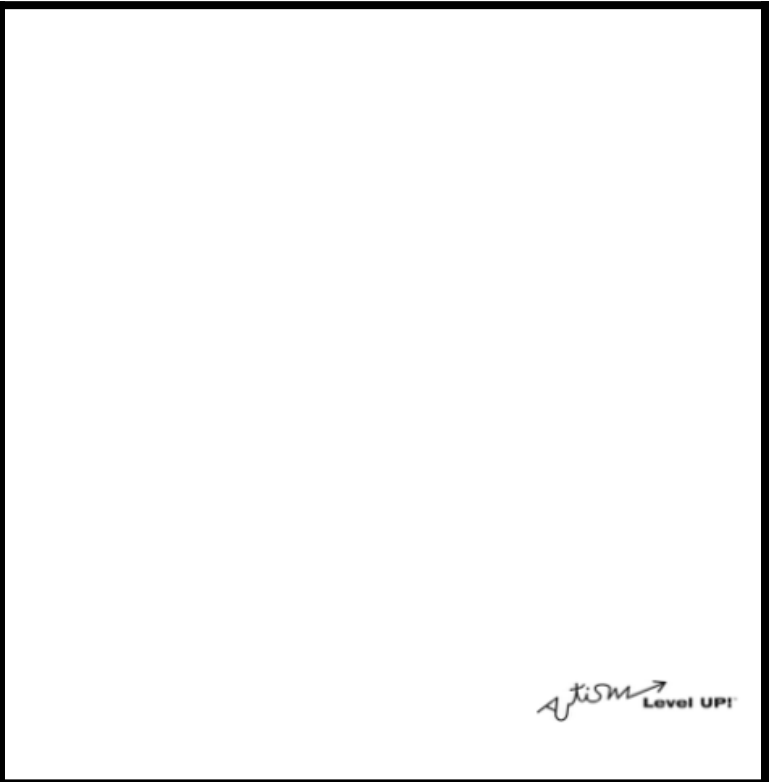
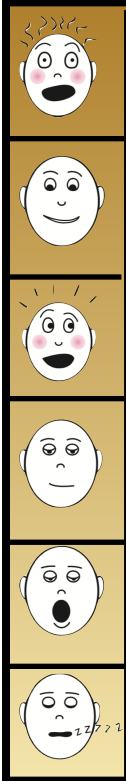

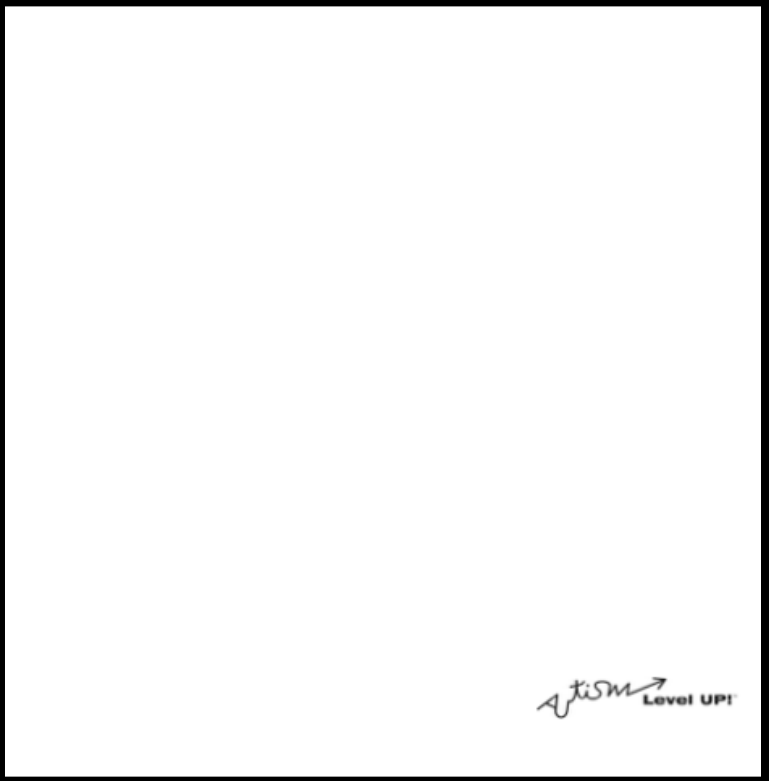
Chew Gum

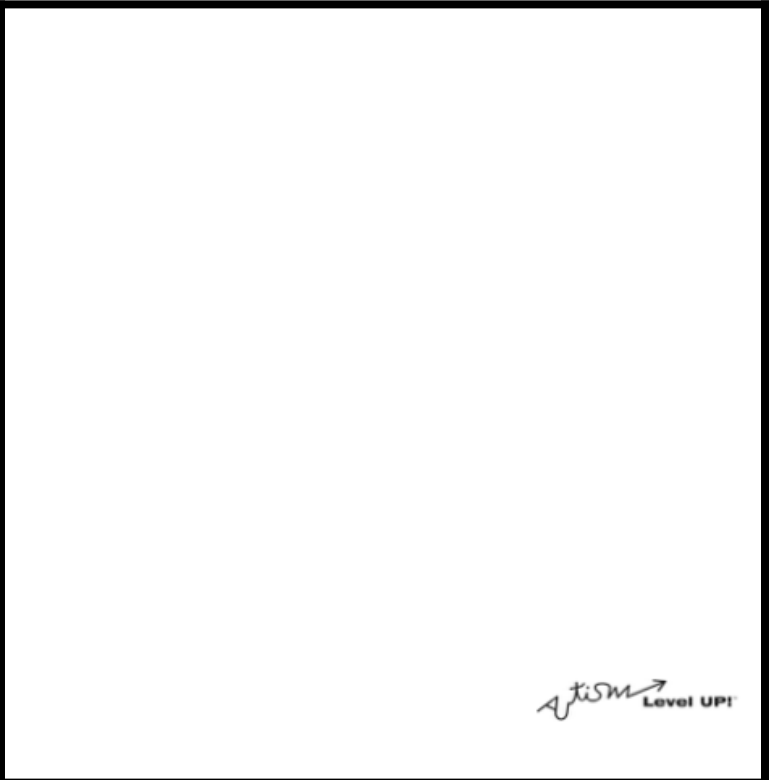





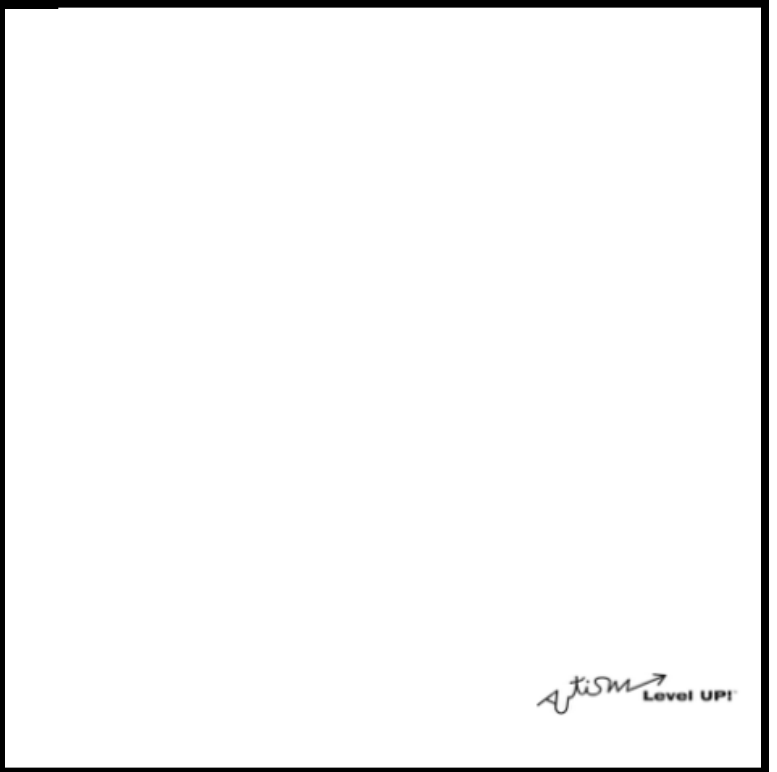
Hold Hands



Stand Up

	<p>Power Down!</p> <p>3+ Levels</p> 	
	<p>Power Down!</p> <p>2 Levels</p> 	

	<p>Power Down! 1 Level</p> 	 <p><i>AJSM</i> → Level UP!</p>
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   <p>I don't know. ?</p>	 <p><i>AJSM</i> → Level UP!</p>
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Something is Different



AJSM → Level UP!

AJSM → Level UP!