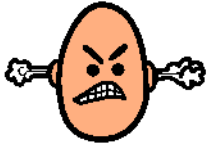


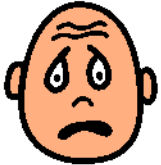
When I feel...

Time to CALM DOWN

angry



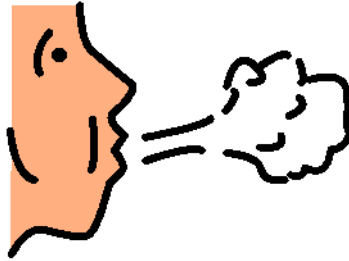
anxious



stop



Take 5 deep breaths



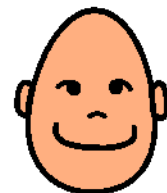
Squeeze hands



Say, "It's okay"



Then I feel...



CALM