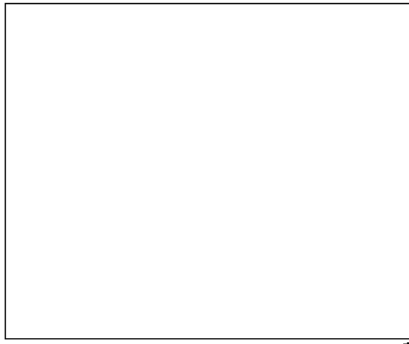


Staying Cool with



I like to be calm

and happy

down



When I feel upset



I should



1. Sit down



2. Fold my hands



3. Take 5 deep breaths



4. Count to 10

10

5. Use my words



I am in control

I feel good