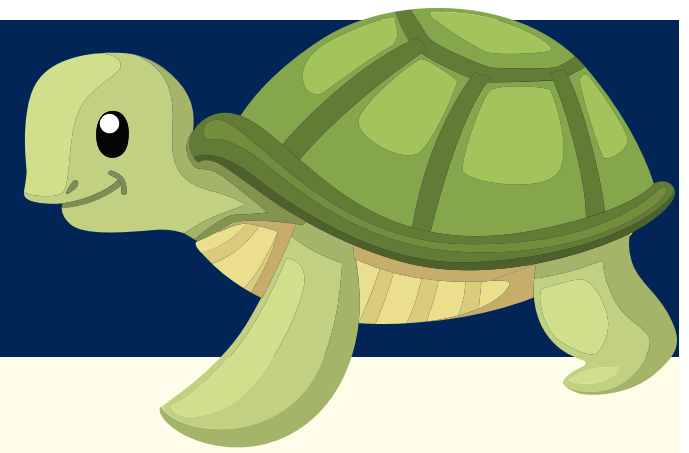
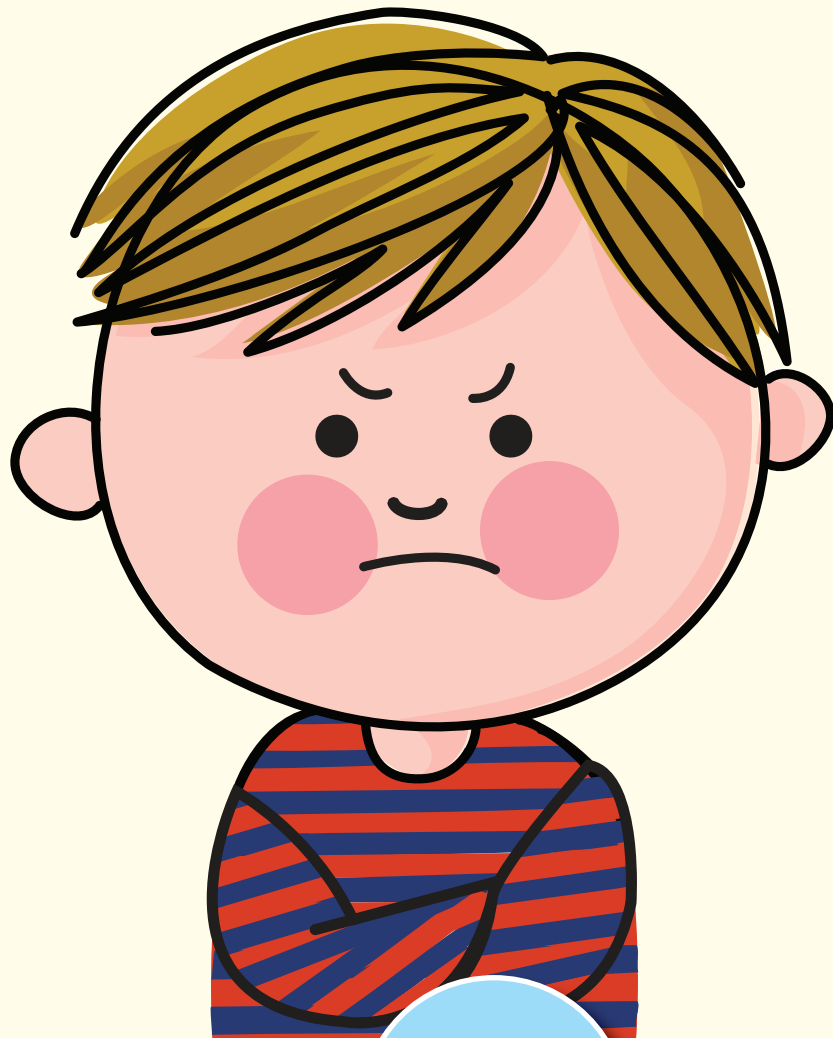




Remember to do The Turtle!



Use the Three Steps for Calming Down.



1

Tell yourself
to STOP.



2

Take a long,
deep breath.



3

Say the problem
and how you feel.