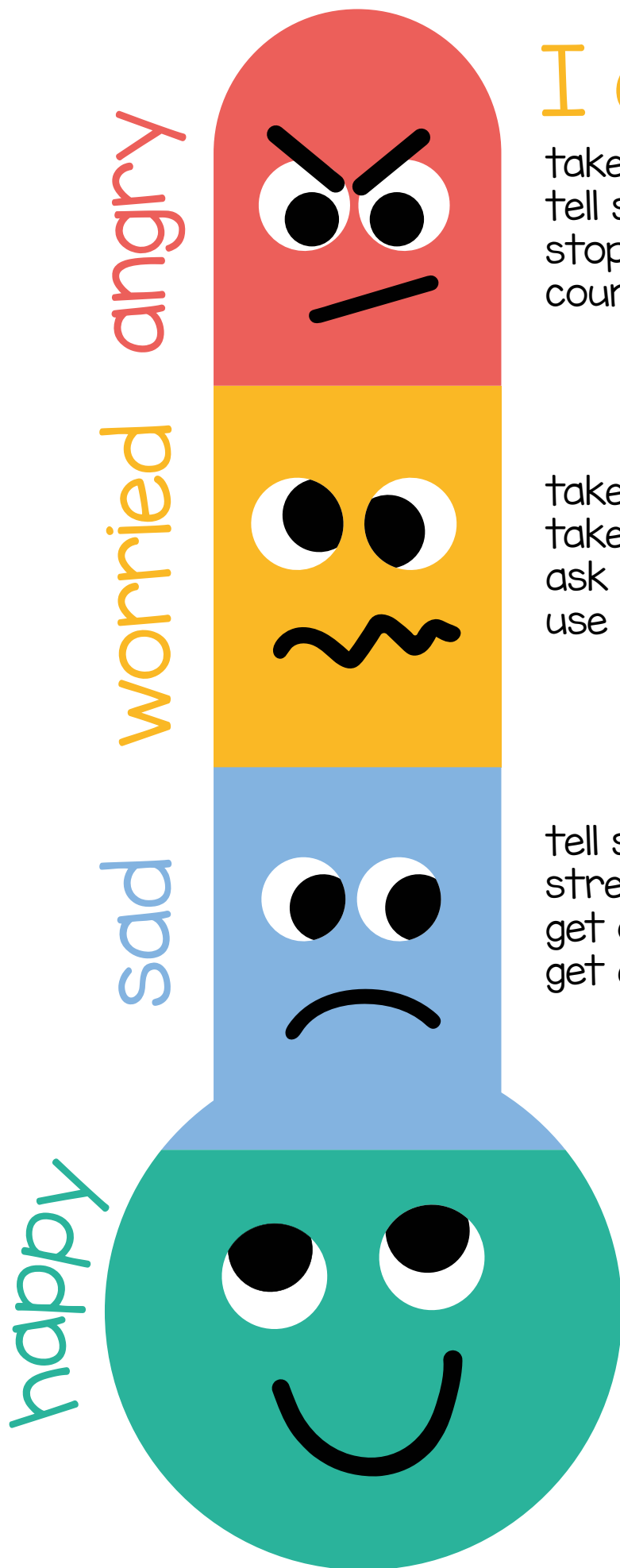




I can

take a deep breath
tell someone
stop and walk away
count to 10

take a deep breath
take a break
ask for help
use positive self-talk

tell someone
stretch or move my body
get or give a hug
get a drink of water

small
actions can
help with BIG
feelings!

Talk
with
Children