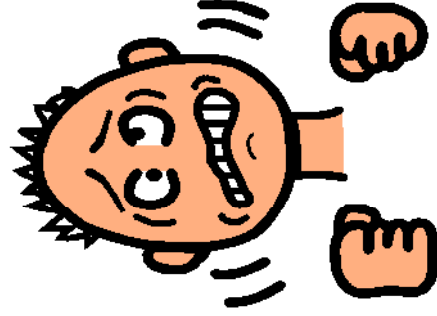
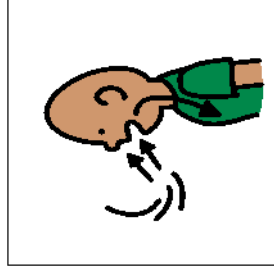


Break Card

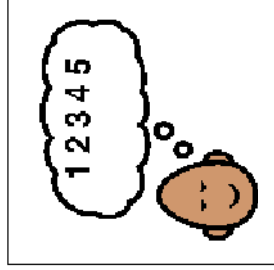
I am feeling upset, I
need to calm down.
What do I do?



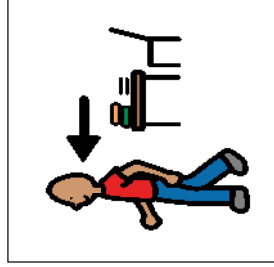
fold and glue



I can take
deep belly breaths



I can count to 5



I can use my break card
and go to a quiet place