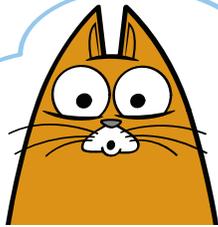
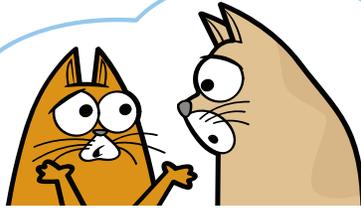


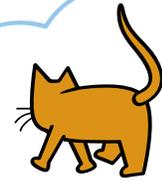
# When something is bothering me, I can connect to my heart and ...



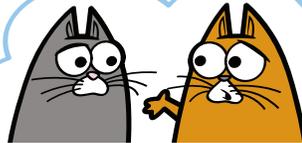
Practice  
Heart-Focused Breathing  
to calm down.



Talk to a friend or adult.

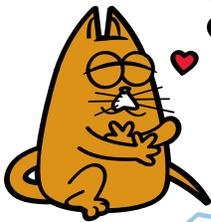


Walk away.



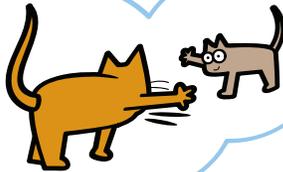
Use your words to  
express your feelings

Do something you  
enjoy to relax

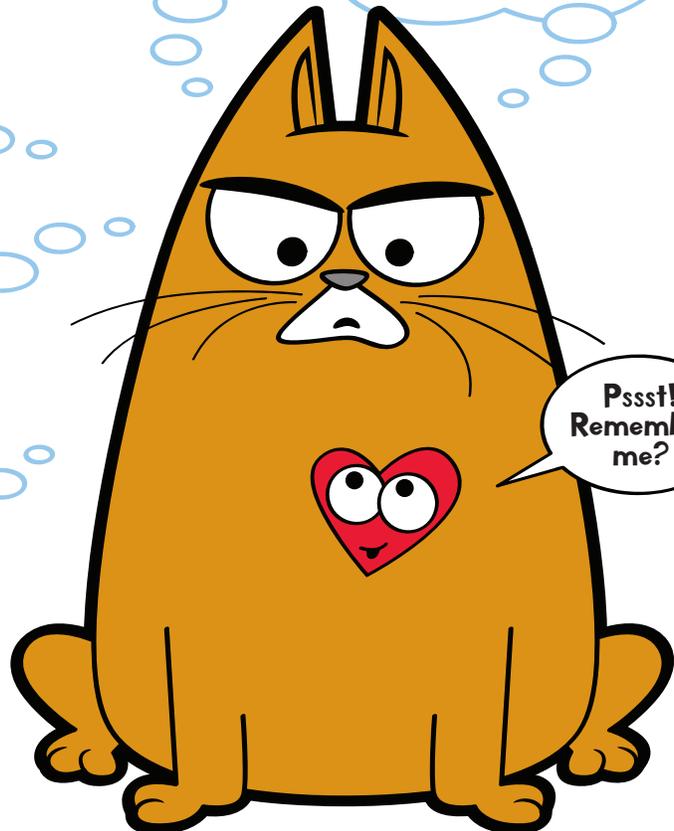


Send love  
and care

Go and have  
some fun with  
other people.



Ask my wise heart  
what to do or say.



Pssst!  
Remember  
me?