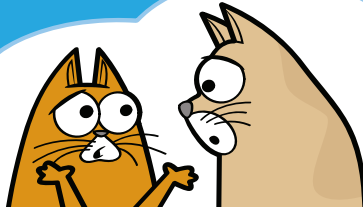


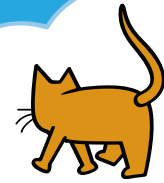
# When something is bothering me, I can connect to my heart and ...



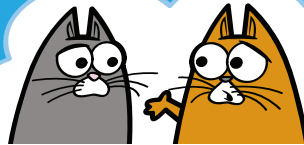
Practice Heart-Focused Breathing to calm down.



Talk to a friend or adult.

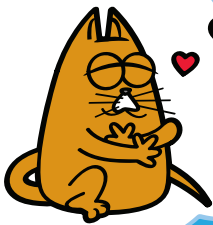


Walk away.



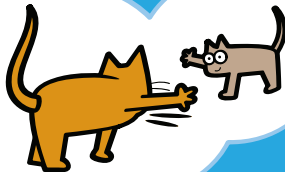
Use your words to express your feelings

Do something you enjoy to relax

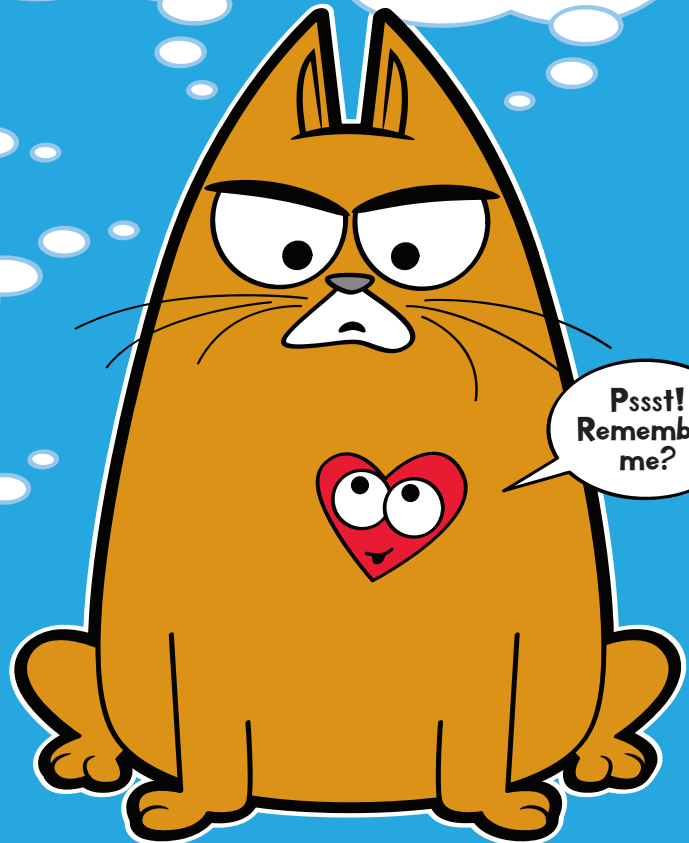


Send love and care

Go and have some fun with other people.



Ask my wise heart what to do or say.



Pssst! Remember me?