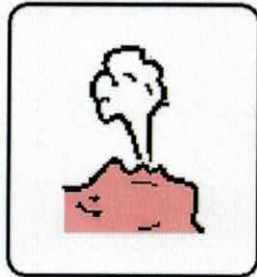


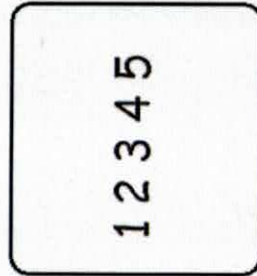
Break Card



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



I can take deep breaths.



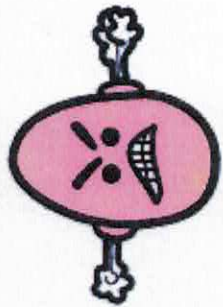
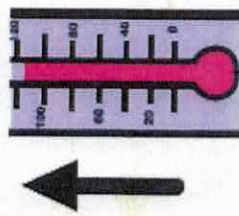
I can count to 5.



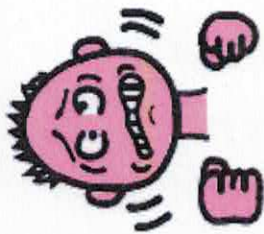
I can use my break card and go to a quiet place.

Break Please

I am feeling..



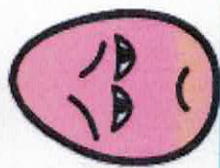
really angry



really frustrated



really worried



really disappointed