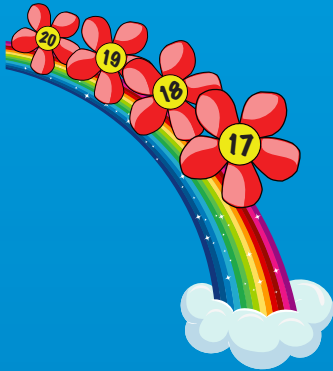


When I'm upset, I...



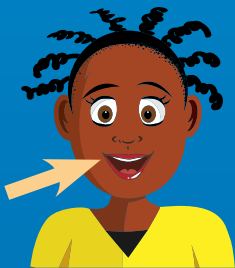
Freeze: I stop what I'm doing and turn away from what's upsetting me.



Count Backwards: I count slowly backwards from 20.



Belly Breath In: I breathe in slowly through my nose to the count of 4.*



Belly Breath Out: I breathe out slowly through my mouth to the count of 4.*

* Place your hand on your belly. Make sure your hand is moving in and out as you breathe.