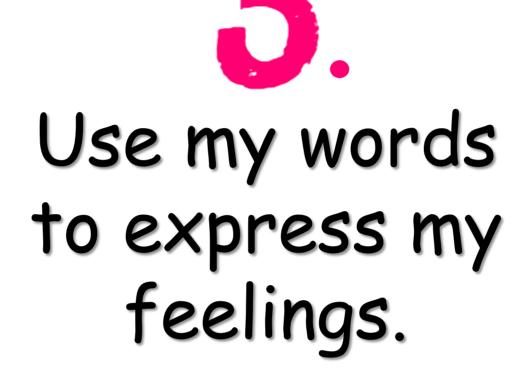


Take 3 deep breaths. Count slowly to 10.









Remember, it is not okay to hurt others.

Take time to calm down.

5



Adapted from Childhood 101