

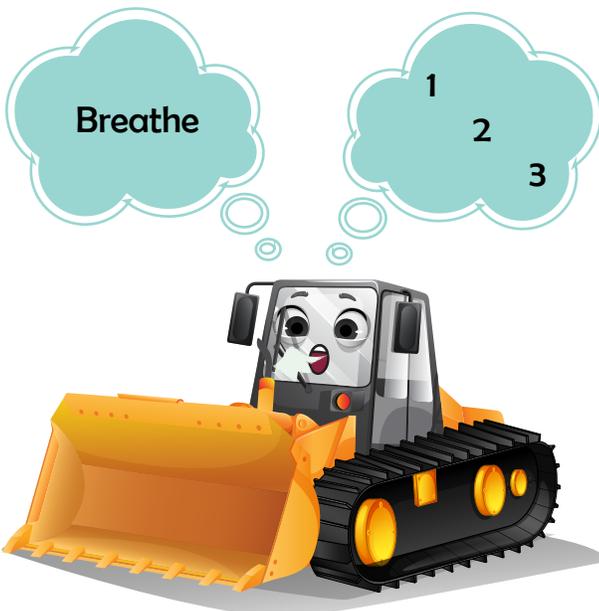
Steps to Calm Down



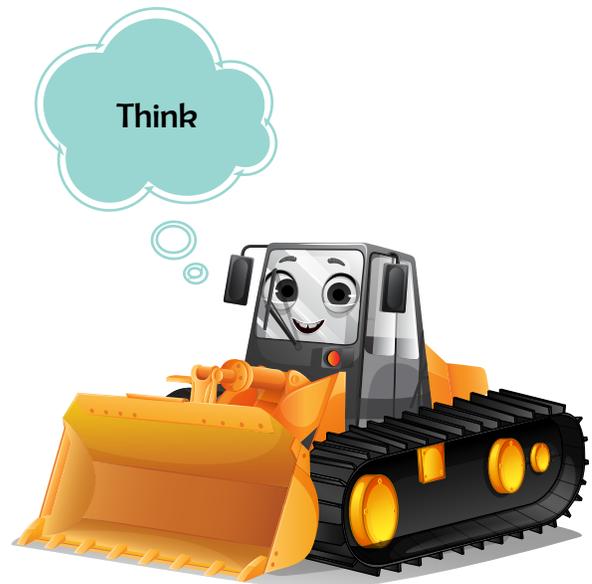
Step 1. Recognize what you are feeling. (Name Your Emotion)



Step 2. STOP your body. (Hands To Self)



Step 3. Cool your engine with three deep breaths.



Step 4. Think of a solution once calm and cool.