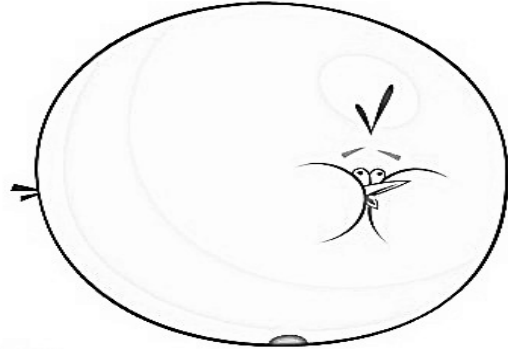


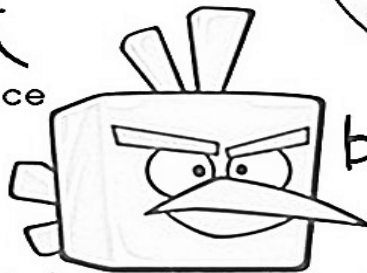
COOL DOWN STRATEGIES



birds nest
a quiet, calm place

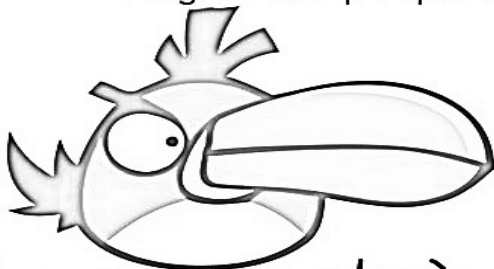


balloon breathing
slow, deep breaths

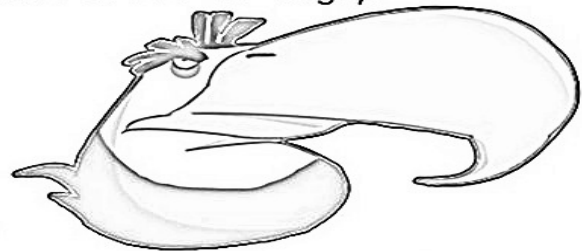


warm your heart

A great way to let go of anger inside our hearts is to forgive the people that have made us angry.



boomerang bird
stop and think how your
actions will affect
yourself and others



mighty eagle
an adult that can
step in to help