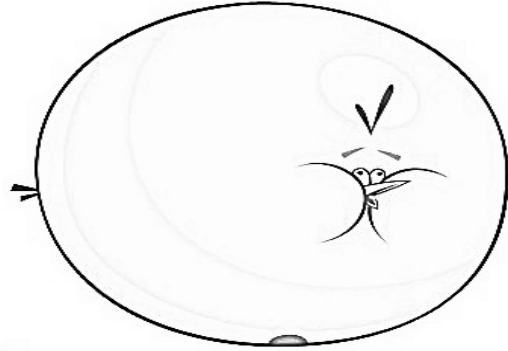


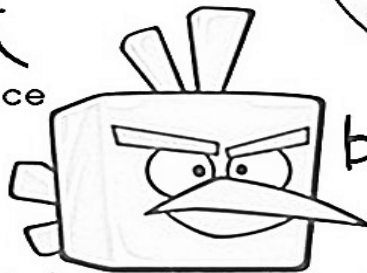
# COOL DOWN STRATEGIES



birds nest  
a quiet, calm place

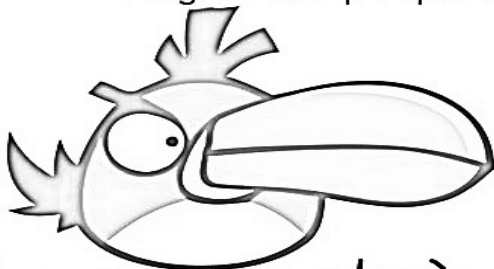


balloon breathing  
slow, deep breaths

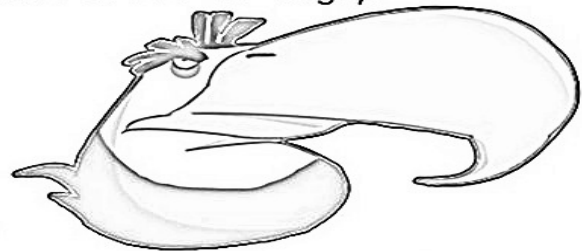


warm your heart

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