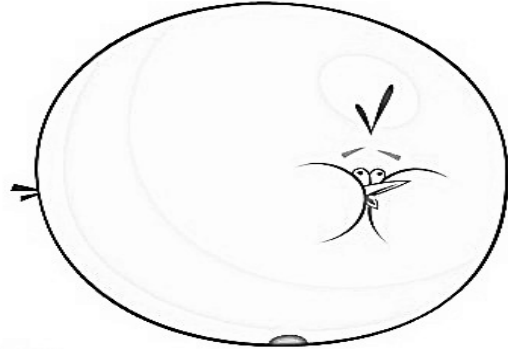


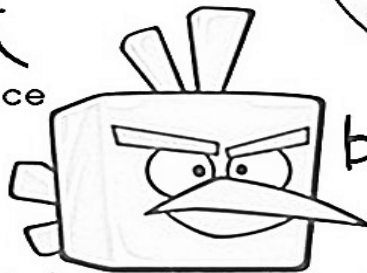
# COOL DOWN STRATEGIES



**birds nest**  
a quiet, calm place

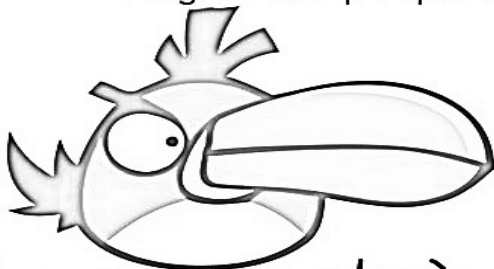


**balloon breathing**  
slow, deep breaths

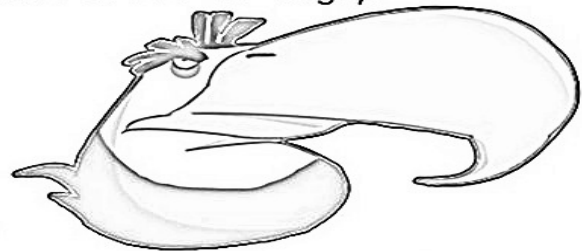


**warm your heart**

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