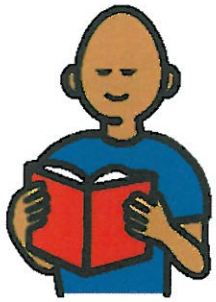
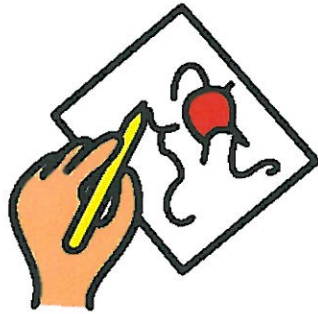


When I am Upset



read a book



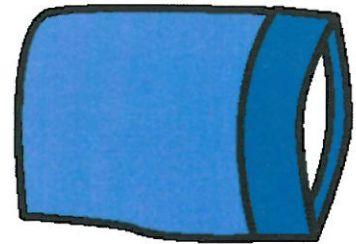
draw a picture



do a puzzle



breathe and
count to 10



put my head
down and relax