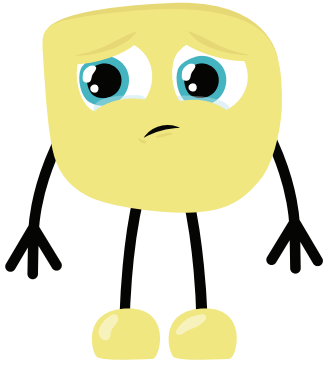
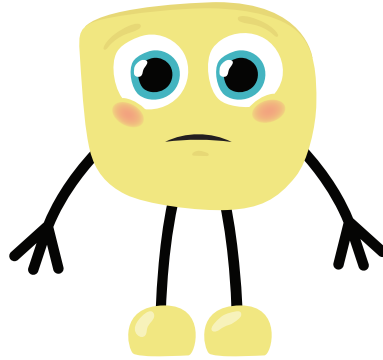


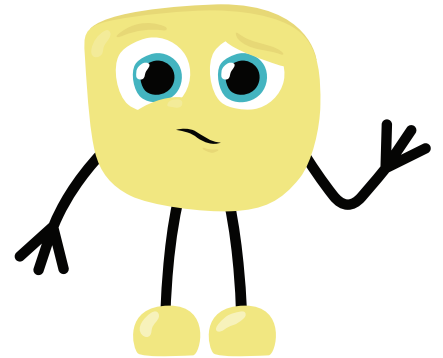
I'M FEELING...



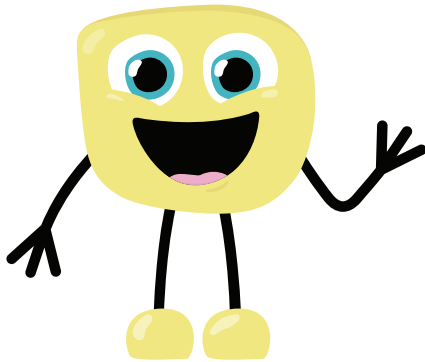
UPSET



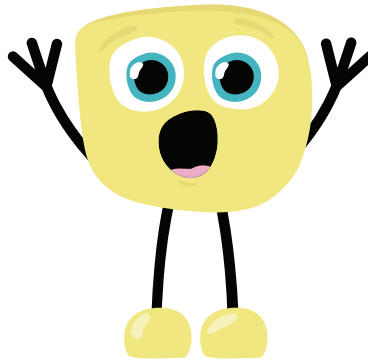
EMBARRASSED



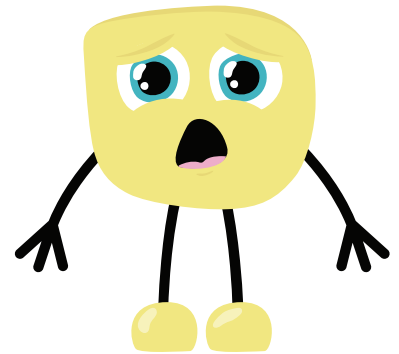
CONFUSED



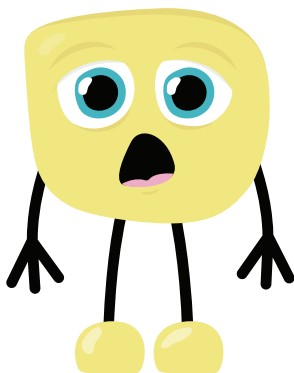
EXCITED



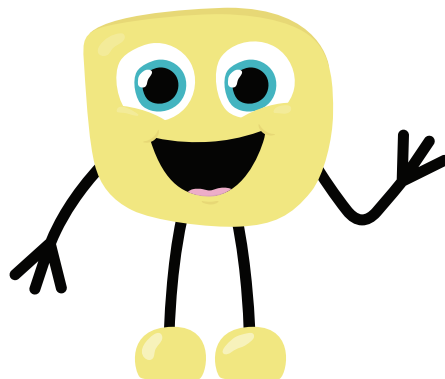
SURPRISED



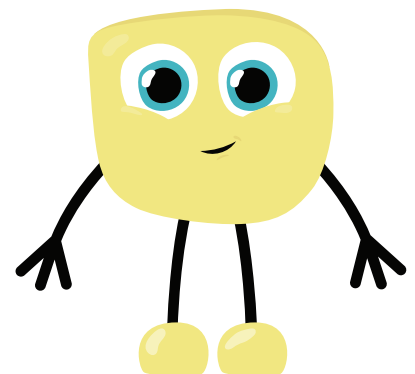
SCARED



TIRED



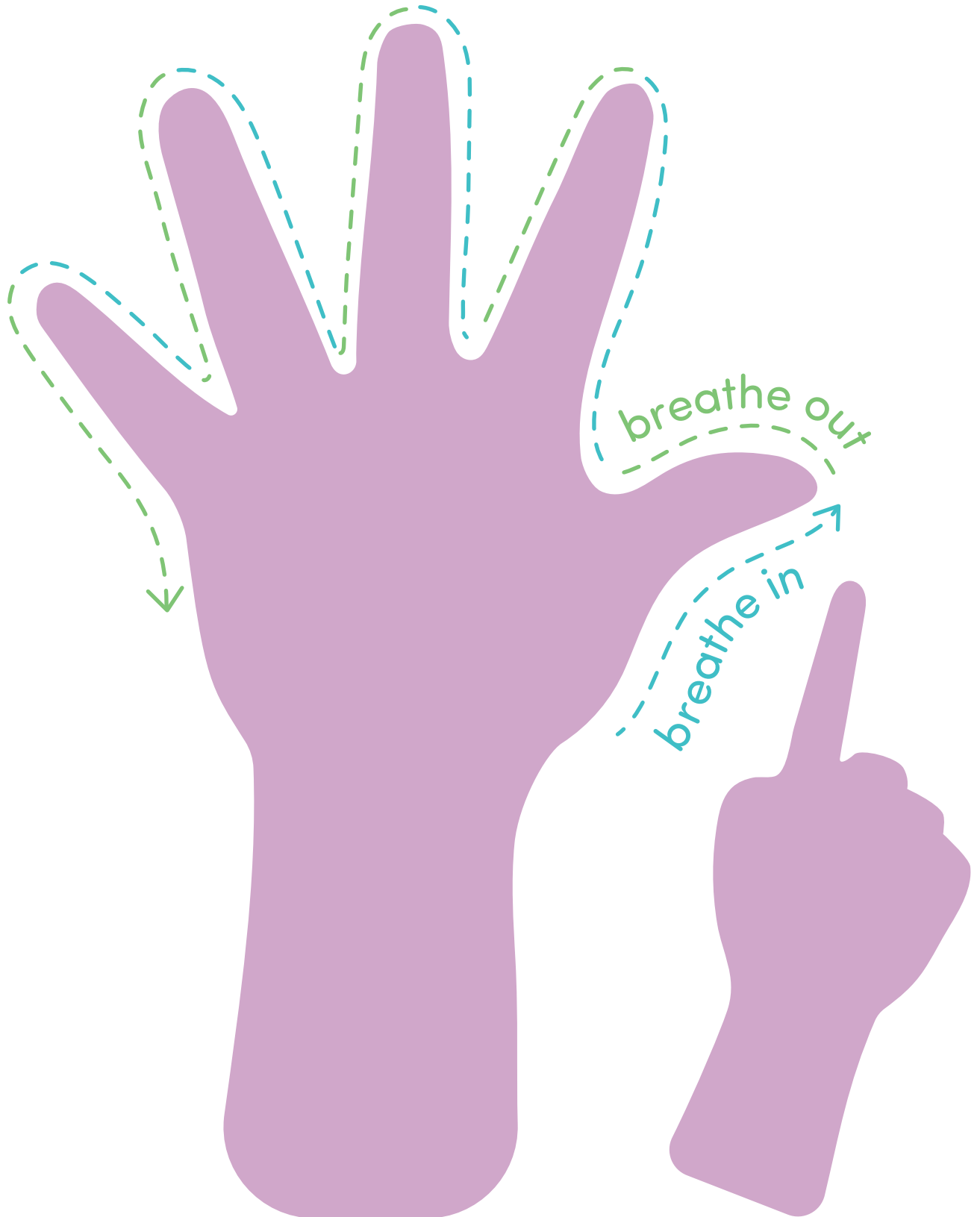
HAPPY



CONTENT

DEEP BREATHING USING YOUR HAND

Let's take a moment to focus on breathing! Use your pointer finger to slowly trace the fingers on your opposite hand as you breathe in and out.





**EVERYTHING
WILL BE OKAY**