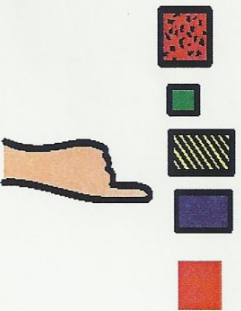


Grades 1-3: How to Make Yourself Feel Better



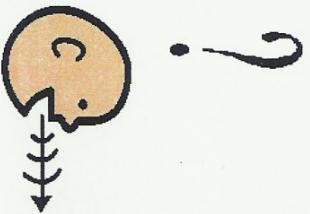
Notice that you
feel uncomfortable.



Choose a way to help
yourself feel better.



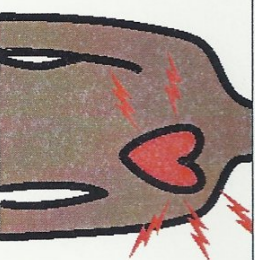
Do it.



Ask
to
talk.



Think positive
thoughts.



Try heart breathing.



Move on. Say, "It's time
to get back to work."

and