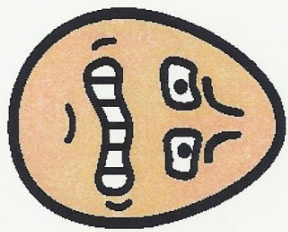
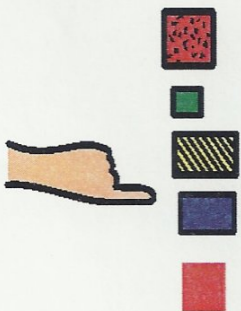


# Grades 4-5: How to Make Yourself Feel Better



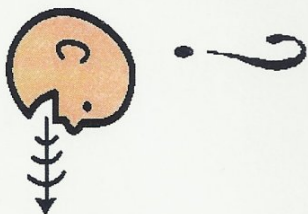
Notice that you feel uncomfortable.



Choose a way to help yourself feel better.



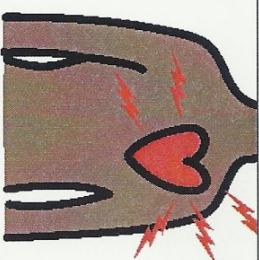
Do it.



Ask to talk.



Think positive thoughts.



Try heart breathing.



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

and