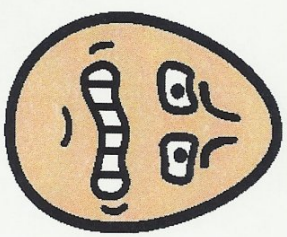
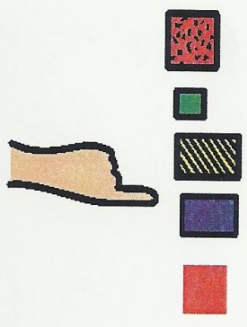


K4-K5: How to Make Yourself Feel Better



Say to yourself, "I feel uncomfortable."



Choose a way to help yourself feel better.



Do It.



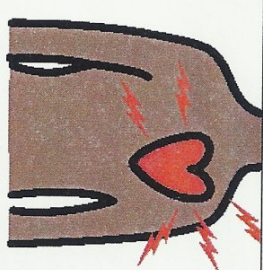
Raise your hand

and

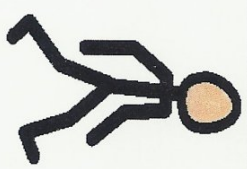


talk to the teacher.

or



Try heart breathing.



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