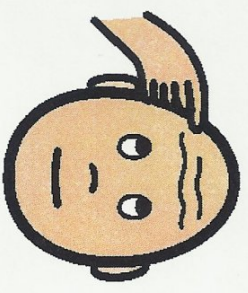


K4-K5: Relaxing

Happy? Sad? Mad? Scared?



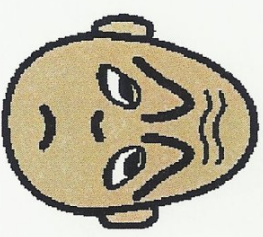
Disappointed? Grumpy?

Think about how you feel.

1
2
3

Take

three, slow
deep
breaths.



Hand on
belly.



Squeeze the oranges.