

When I'm Upset



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Do Yoga.

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Read a
book.

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Walk
Away.

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Hug a
Stuffed
animal.

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Do a
puzzle.

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Write in
your
journal.

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Draw a
picture.

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Count to
ten.

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Drink some
water.

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Use my
words.

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Think happy
thoughts.

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Take 5
breaths
& think.

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