

If I'm Upset I Can



do yoga



put my head down



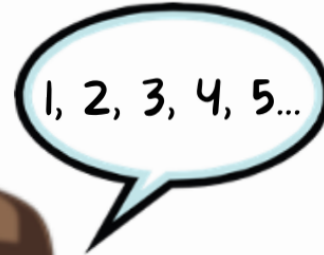
draw a picture



read a book



count to 10



calmly use
my words



get a drink



walk away