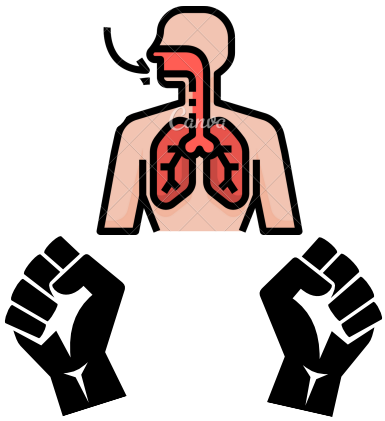
When I Start to Feel Upset

I can...

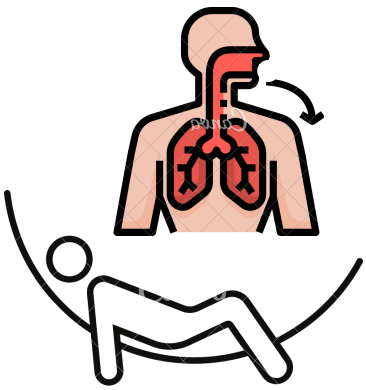
Ask myself the size of the problem?

** Small problems = small reactions



Breathe in and make fists.
Breathe out and relax my muscles.

This will calm my body & brain.
Repeat a few times if needed.



Tell myself something positive & reassuring:

"I can do it"
"Keep it up"
"I am ok"
"I am learning"
"I will get another chance"





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