

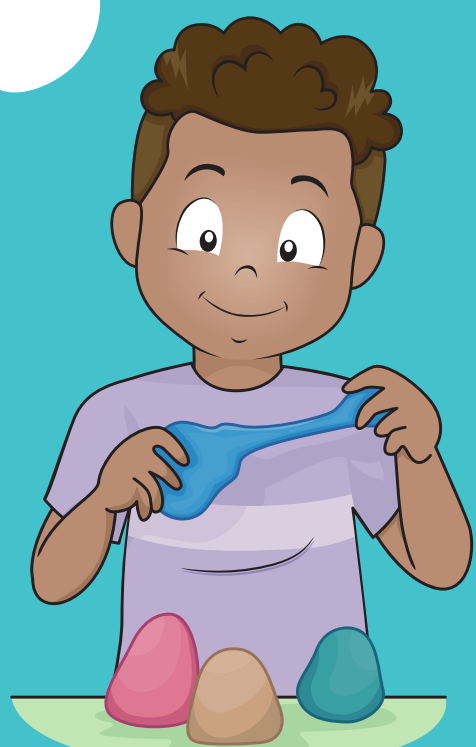
# THINGS I CAN DO WHEN I'M UPSET, WORRIED OR DISAPPOINTED...



Hug a favorite stuffie



Write in a journal



Sculpt with clay



Exercise



Jump on a trampoline



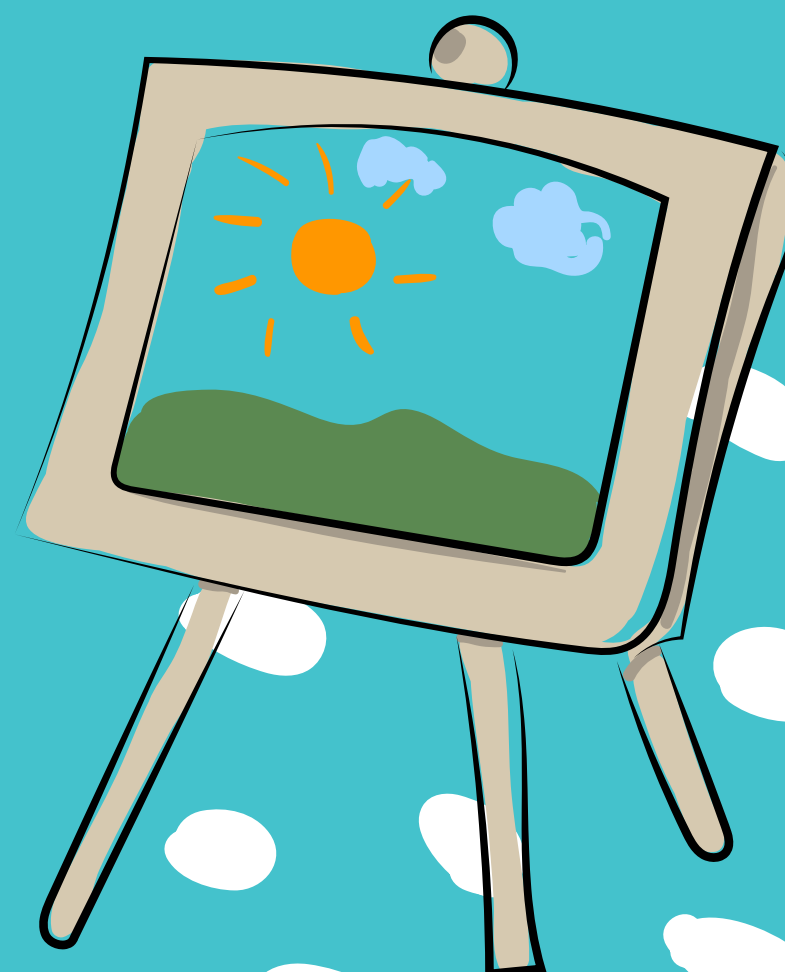
Sing a song



Listen to music



Take a long hot bath



Paint a picture