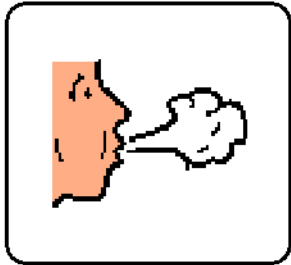
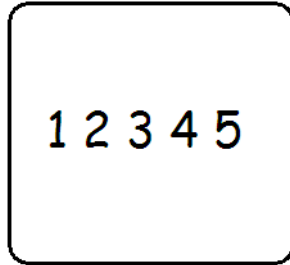


Break Card

I am feeling upset. I need to calm down. What do I do?



I can take deep breaths.



I can count to 5.



I can use my break card and go to a quiet place.