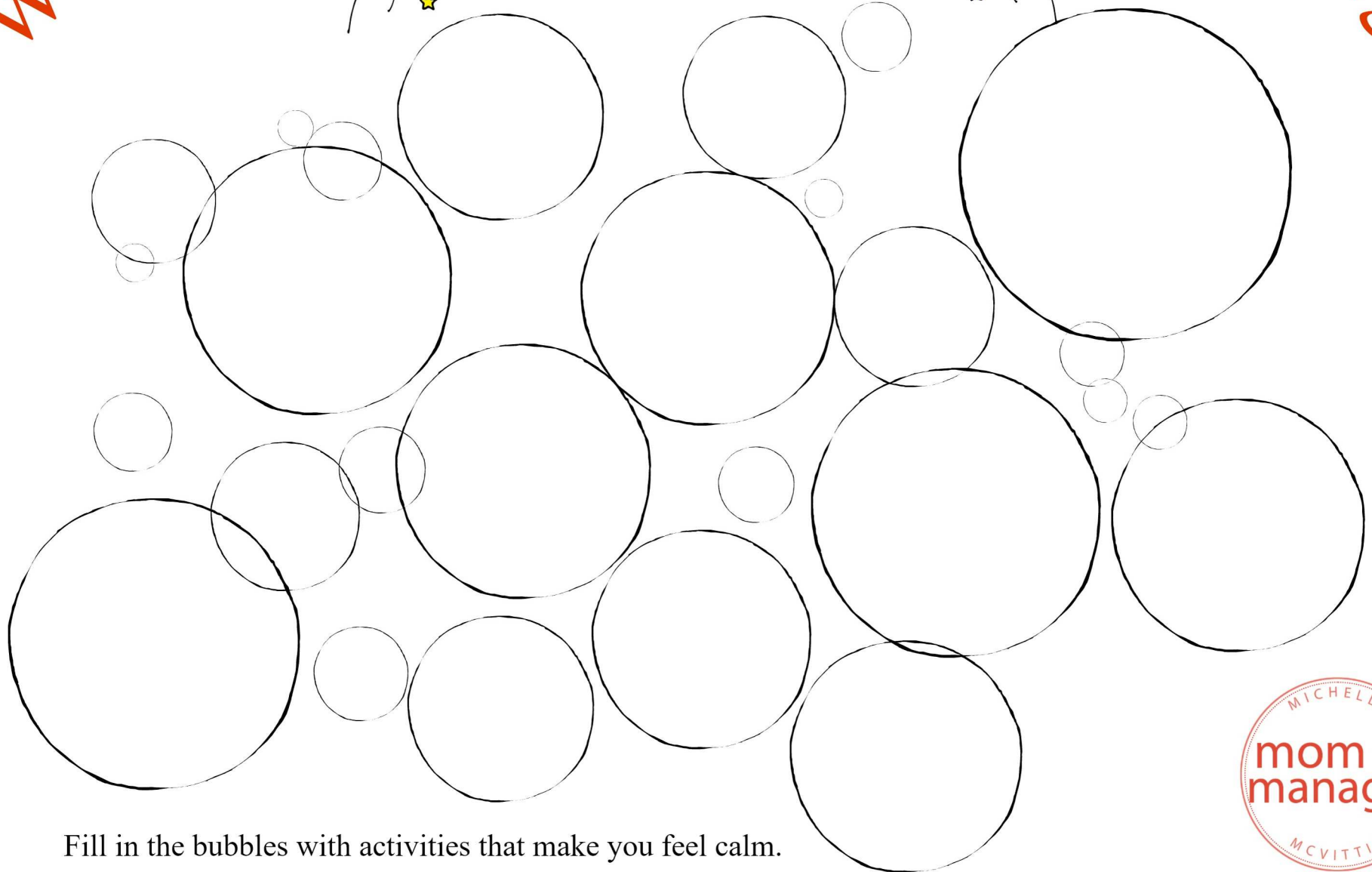


When my Emotions get too Big

When my feelings start to bubble up,
I can turn down my emotions.
This is what helps the most:



Fill in the bubbles with activities that make you feel calm.

