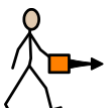
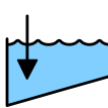


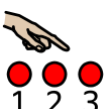

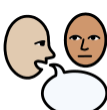
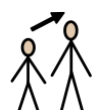

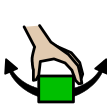
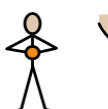

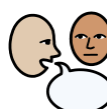



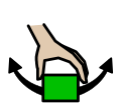




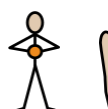


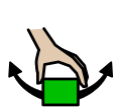







 I can
 take
 deep
 breaths.

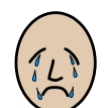
 I can
 count
 to
 10
 ten.

 I can
 talk to
 a
 grown-up.




 I can
 use
 my
 words
 to
 say
 how
 I
 feel.





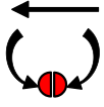

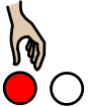
 Using
 kind
 hands
 means
 I
 keep
 my
 hands
 to
 myself.








 Using
 kind
 words
 means
 I
 speak
 nicely,
~~23456~~
 even
 when
 I'm


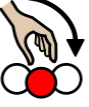
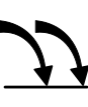


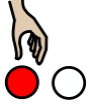
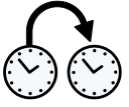

 upset.

 When
 I
 use
 kind
 hands
 and
 kind
 words,
 people







  
 feel safe around me.

   because   a  
 I feel proud because I made a good choice.

 +    or   
 If I forget and I spit, hit, or punch, I can say sorry.

   to  a   
 Then I can try again to make a better choice next time.

  
 I am learning every day.

     
 I can be calm. I can be kind. I can be safe.