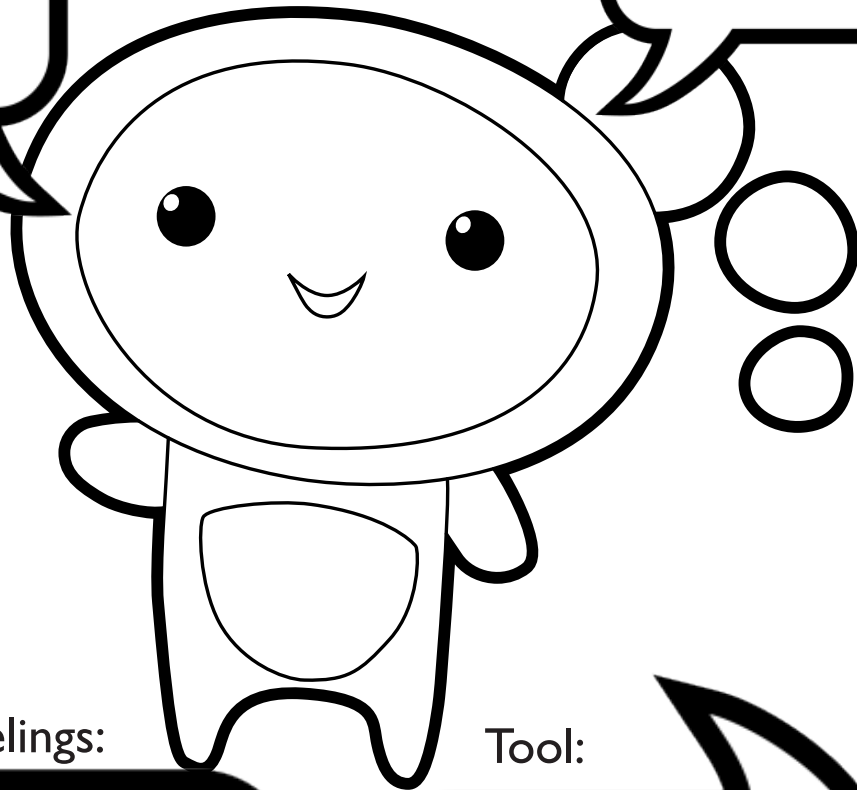


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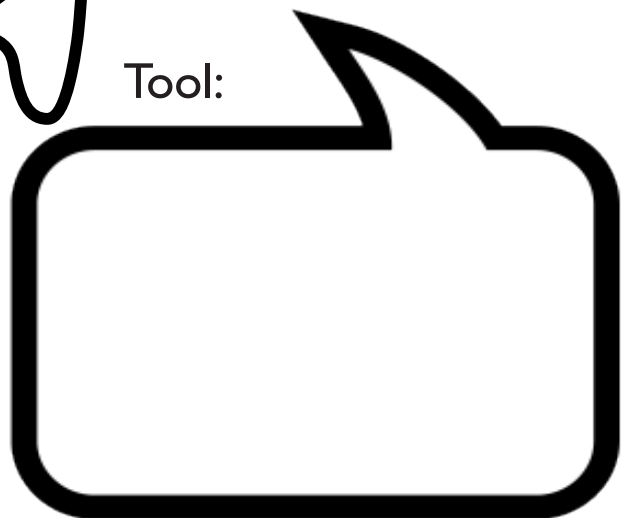
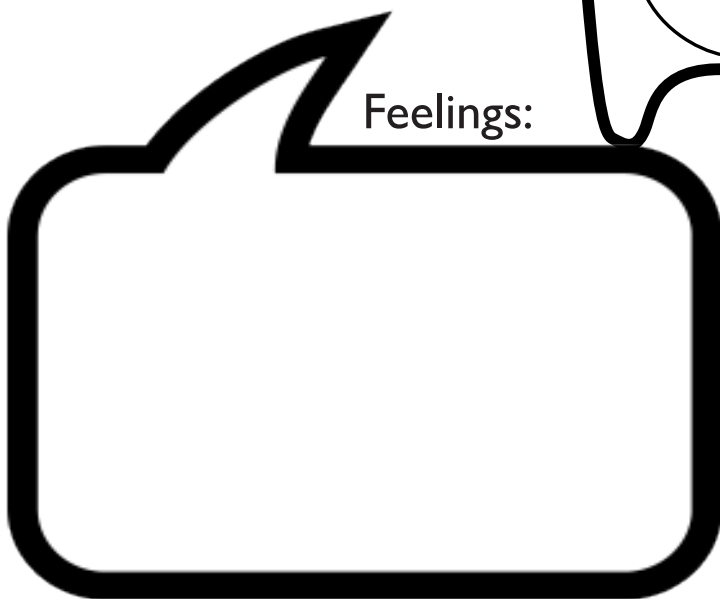
Favorite Color:

Favorite Number:



Feelings:

Tool:



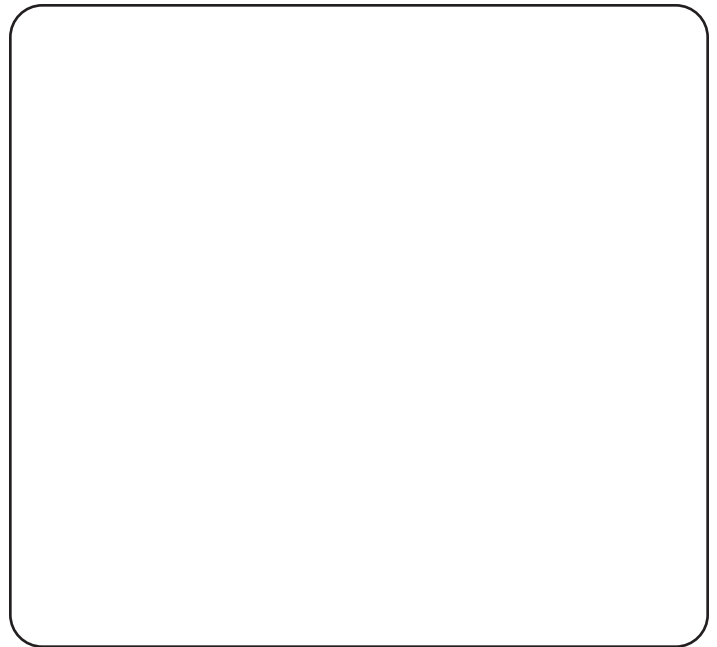
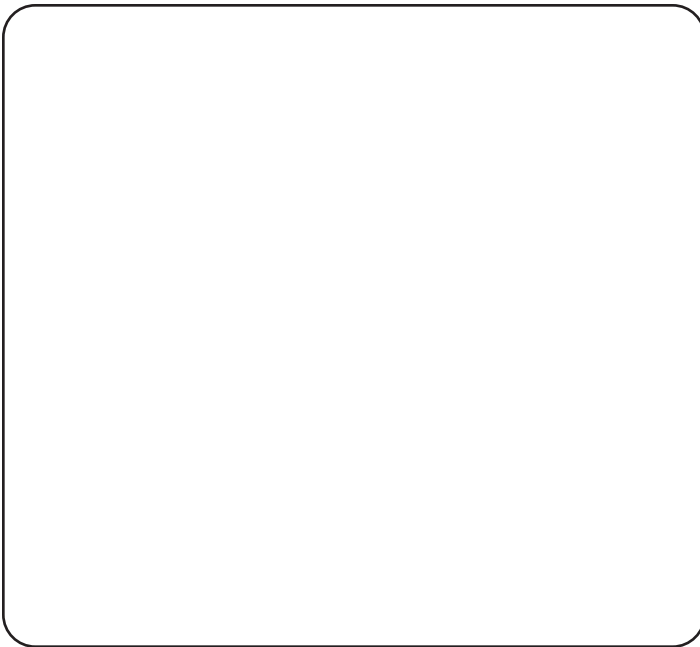
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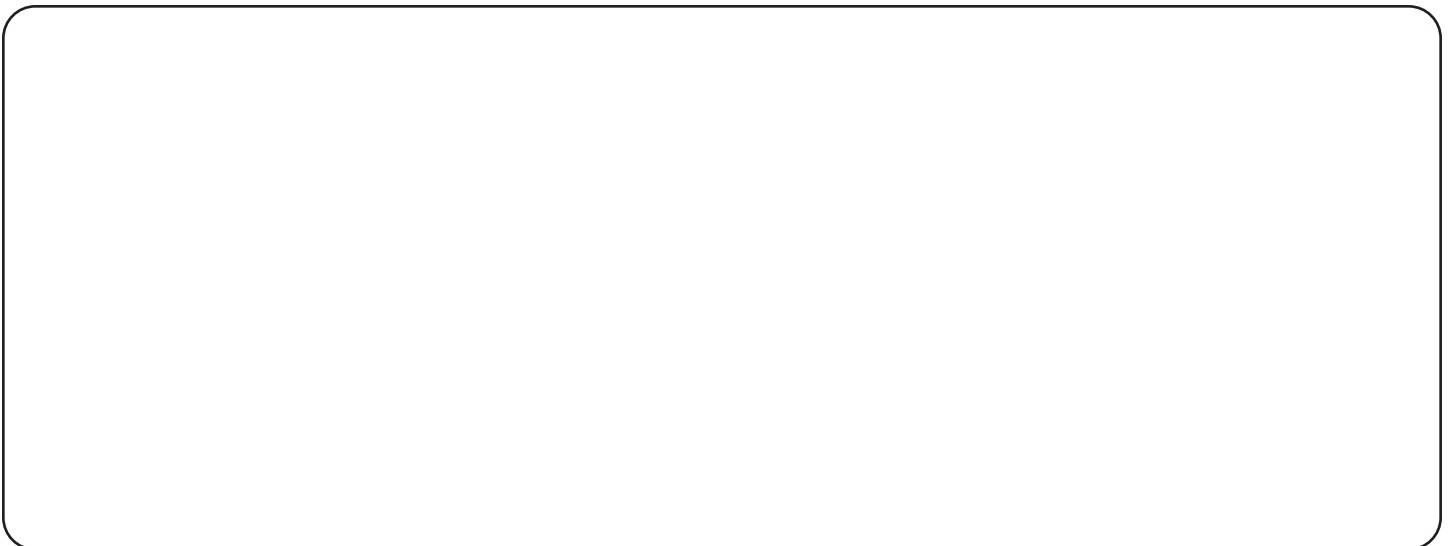
Draw a picture to show these tools in action.

1st: Smell the flower. Breathe in slowly through your nose.

2nd: Blow out the candle. Blow out slowly through your mouth.



Write or draw when you can take a calm-down breath.



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Cloud is my friend.