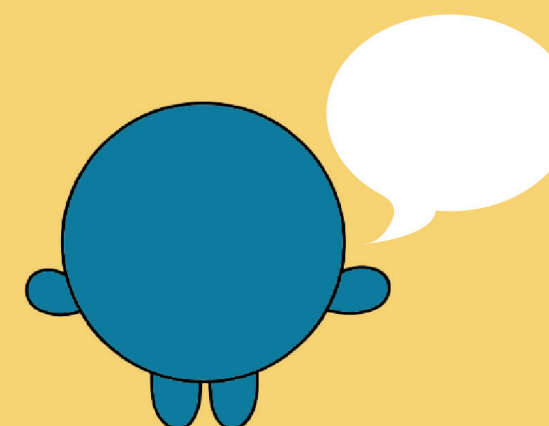




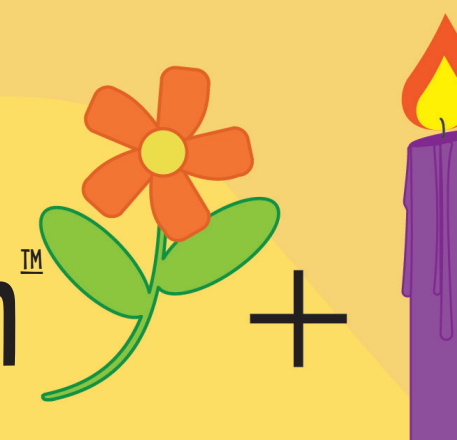
All Feelings Are Okay, All Behaviors Are Not™



Name It: Say or show the feeling word



Shrink It: Reduce the size of the feeling with a calm-down breath™

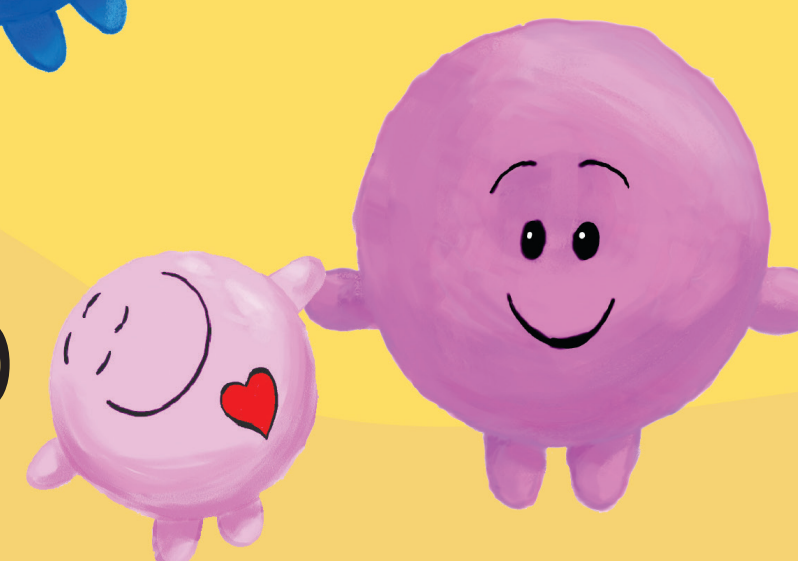


Smell the Flower,
Blow out the Candle

Redo it: Redo hurtful moments™



Share it: Go to a trusted person for help



And Remember...

You Can Be Mad, But You Can't Be Mean™



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