

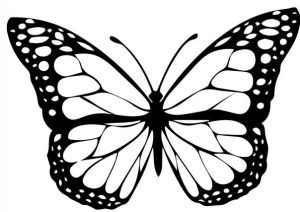
WHAT TO DO WHEN YOU FEEL ANXIOUS:



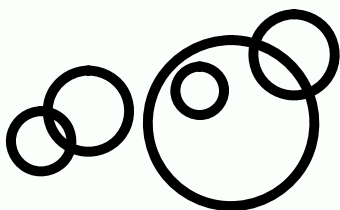
- 1.** GET A STUFFED TOY OR SOME CLAY AND SQUEEZE IT.



- 2.** LISTEN TO MUSIC THAT HELPS YOU CALM DOWN.



- 3.** BUTTERFLY HUG:
CROSS YOUR ARMS OVER YOUR CHEST MAKING AN X;
THEN TAP ALTERNATING SHOULDERS SLOWLY.



- 4.** BREATHE IN THROUGH YOUR NOSE AND BLOW OUT LIKE YOU'RE BLOWING BUBBLES. REPEAT THIS SLOWLY, 3 TIMES. (USE REAL BUBBLES IF YOU'RE ALLOWED!)