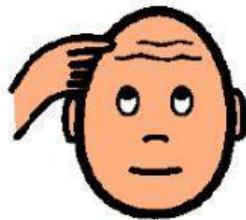


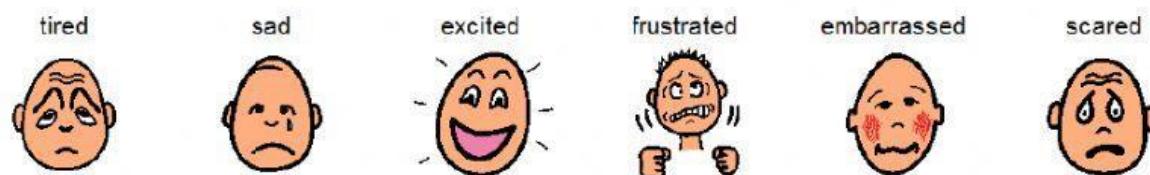


Calm Down Reflection



It is important to stop and think about my actions.

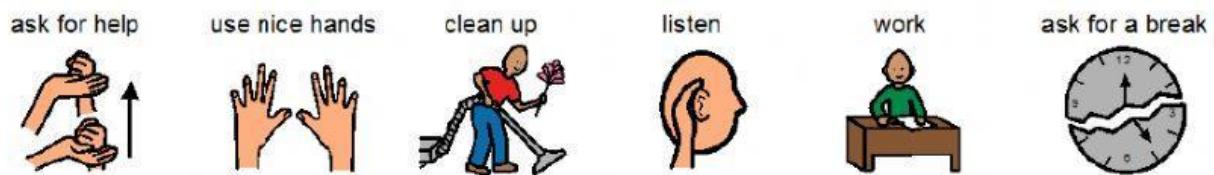
How are you feeling?



What did you do?



What will you do next time?



Signature: _____ Date: _____