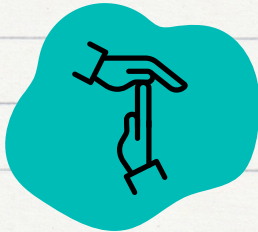


COPING SKILLS

Deep Breaths



Take a Break



Squeeze Your Hands



Talk to:
counselor,
social worker,
or teacher



capacares