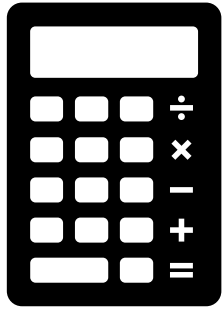


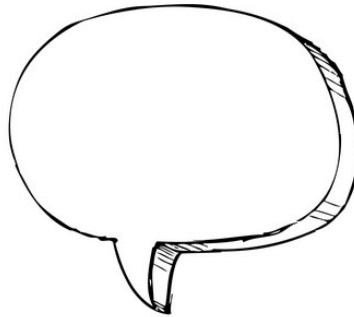
When I'm excited...



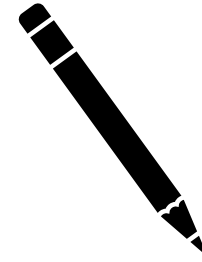
Take 10 deep breaths,
counting at the same time.



Go for a run outside



Tell people how you are
feeling



Draw how you are feeling



Listen to music on your
headphones and dance