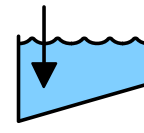
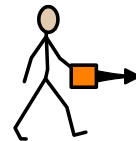
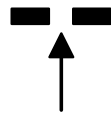
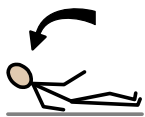




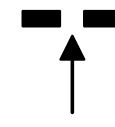
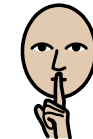
It is okay to feel frustrated and angry. When I feel angry,



I can find a quiet space and take deep breaths. I can



lie down and use a blanket to help me feel calm again.



When I feel calm, I can leave my quiet space.