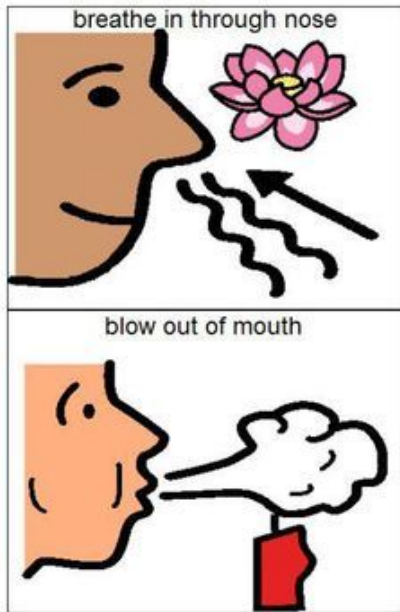


Ways to Control Cross Feelings

Take deep breaths



Clench fists open each finger and count backwards slowly



10, 9, 8, 7, 6, 5, 4, 3, 2, 1

Take a deep breath

Talk to a grown up
Say how you are feeling



Hide under a blanket
Have some quiet time to yourself

