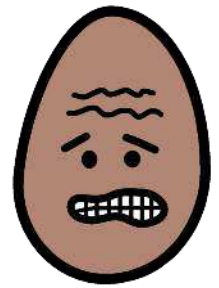


**When I feel anxious or scared
I need to calm down.**

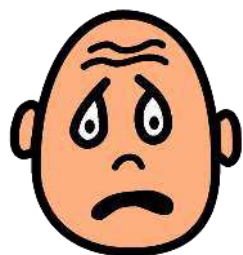


I CAN...

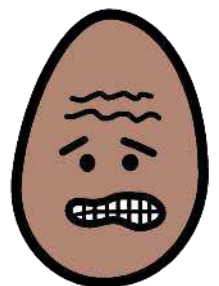
Blank space for writing a response.

Blank space for writing a response.

Blank space for writing a response.



**When I feel anxious or scared
I need to calm down.**



I CAN...

Blank space for writing a response.

Blank space for writing a response.

Blank space for writing a response.