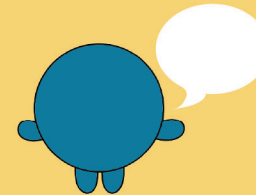




All Feelings Are Okay, All Behaviours Are Not



Name It: Say or show the feeling word



Shrink It: Reduce the size of the feeling with a calm-down breath

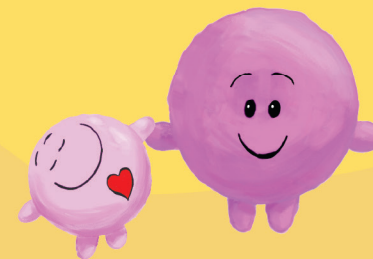


Smell the Flower,
Blow out the Candle

Redo it: Redo hurtful moments



Share it: Go to a trusted person for help



And Remember...

You Can Be Mad, But You Can't Be Mean

