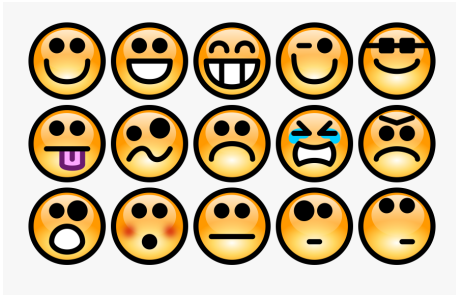
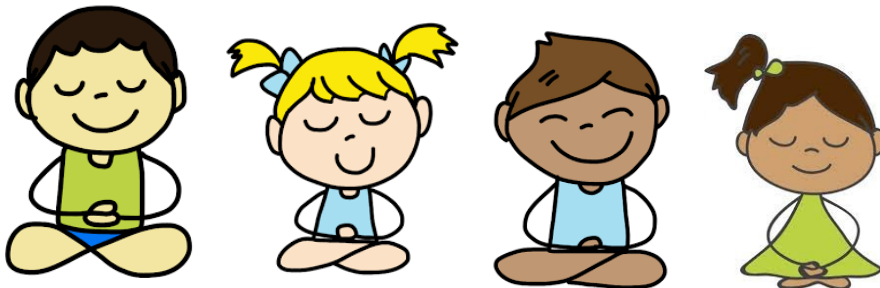


ABC Calm Down:

A Accept your feelings.



B Breathe slowly and deeply.

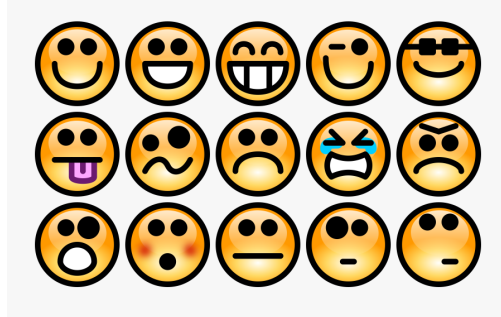


C Change your thinking.



ABC Calm Down:

A Accept your feelings. No feelings are bad. Even if we have feelings that *feel* bad, it is good to know it and accept it. Then you can work on understanding why you feel that way then on feeling better!



B Breathe slowly and deeply. Calming your body down by concentrating on breathing slows down your brain and lets you think better. Then you can make better decisions.



C Change your thinking. When we are upset, a lot of time our thinking is negative (“No one likes me!” “I can’t do this work!”). If we change our thinking to positive, we can focus on overcoming things (“I need to find someone who doesn’t have someone to play with already!” “This is hard, but I can do it!”)

