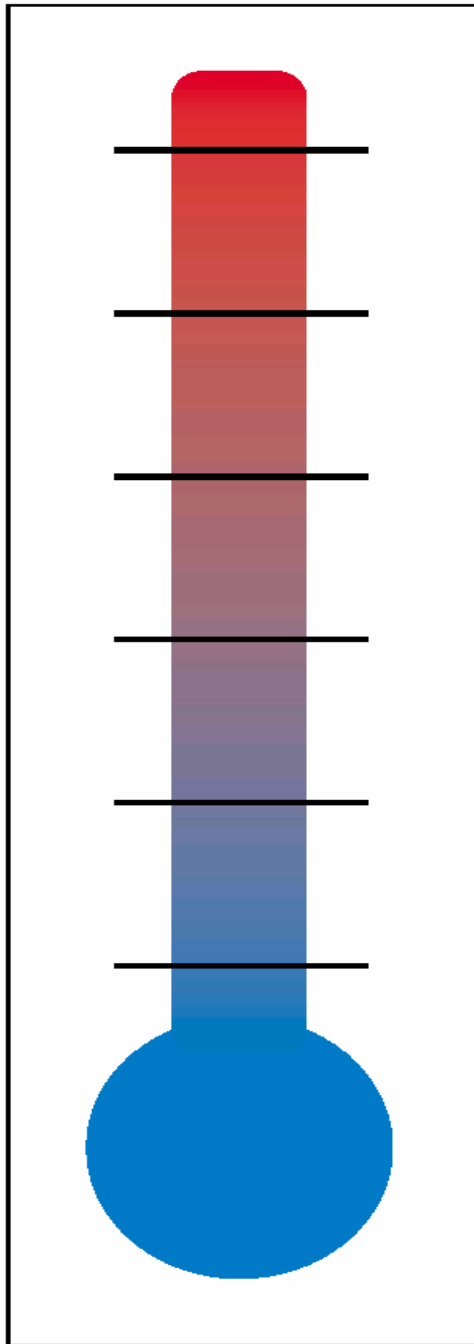


Relaxation Thermometer



Mad

Take 3
deep breaths
1...2...3



Relaxed

Adapted from Incredible Years Dinosaur School

COURTESY OF THE BRAVE PROJECT