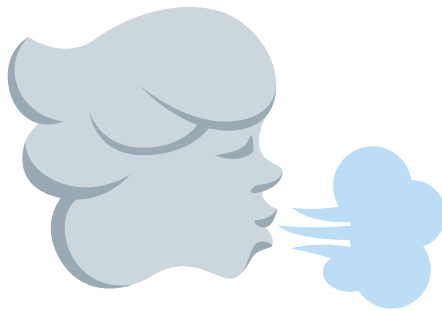


What can you do next time?



Count to 10



Take 10 deep breaths



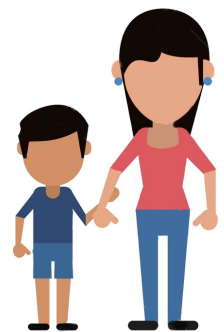
Freeze or pause



Use your words



Ask for help



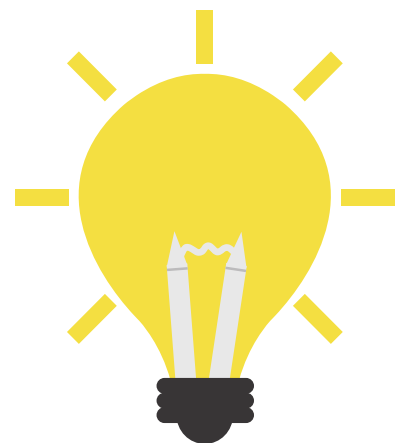
Hands are for holding



Listen and be kind



Take a break



Think before you speak