

Exploding

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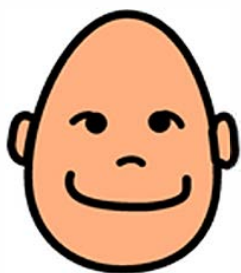
Boiling

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Not so good

Warm



Good

Cool

Relaxed



What can I do?



I can listen to music.



I can go to a quiet place.



I can take deep breaths.

1 2 3 4 5

I can count to 5.

