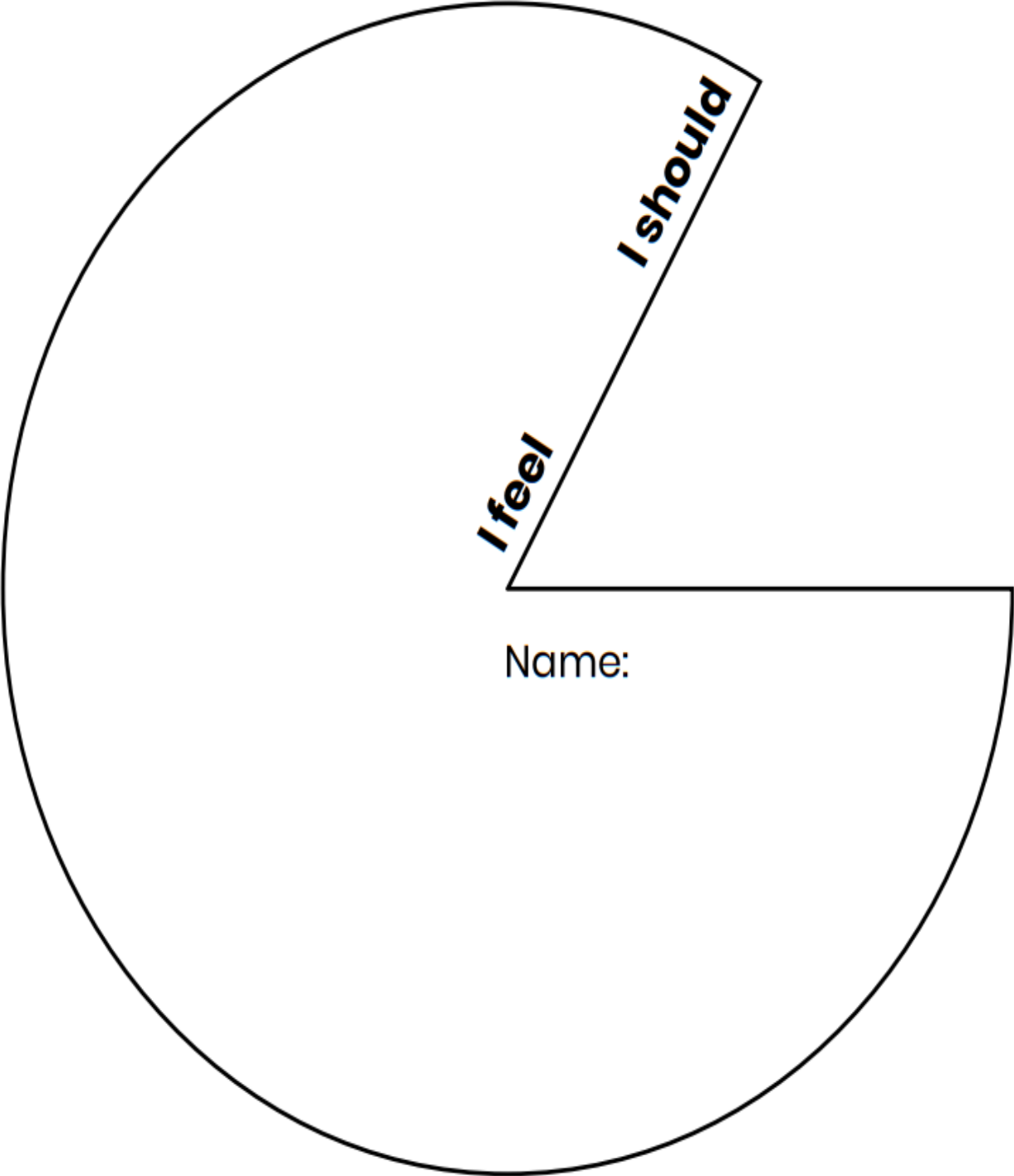
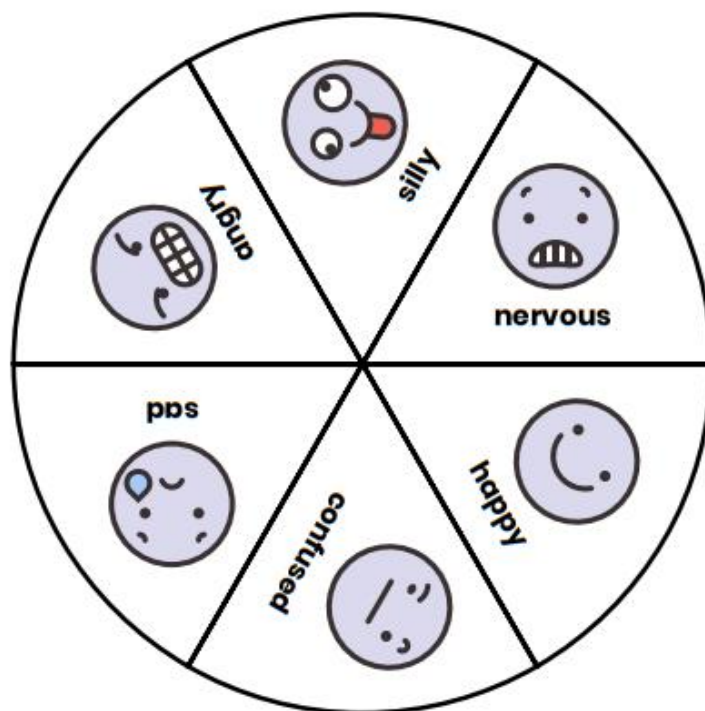


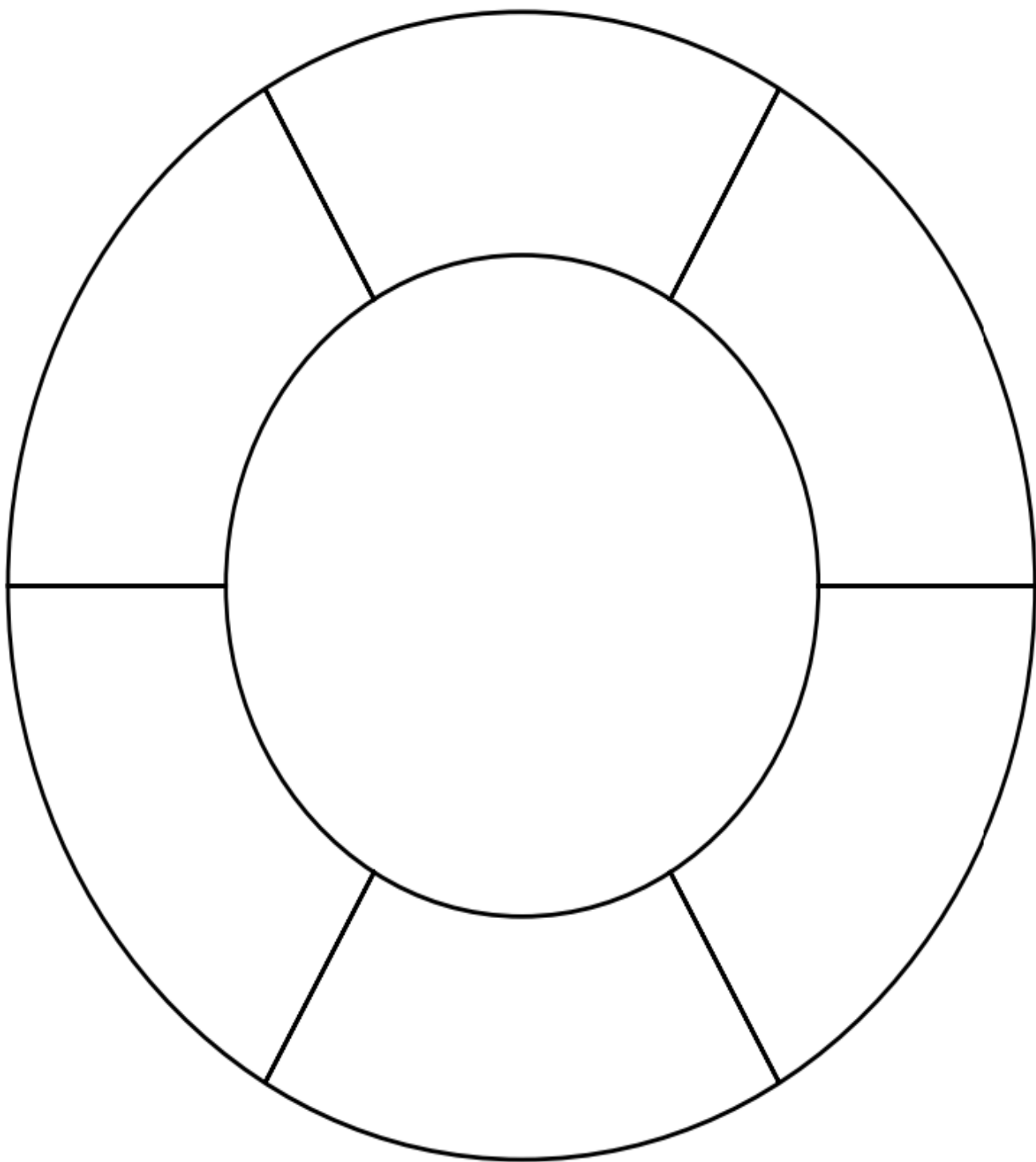
Top Circle



Middle Circle



Lower Circle



a mindful break	to think of something happy	to read a book	to go for a walk
to build something	to use positive self talk	to do a puzzle	to get a drink
			to talk to an adult

