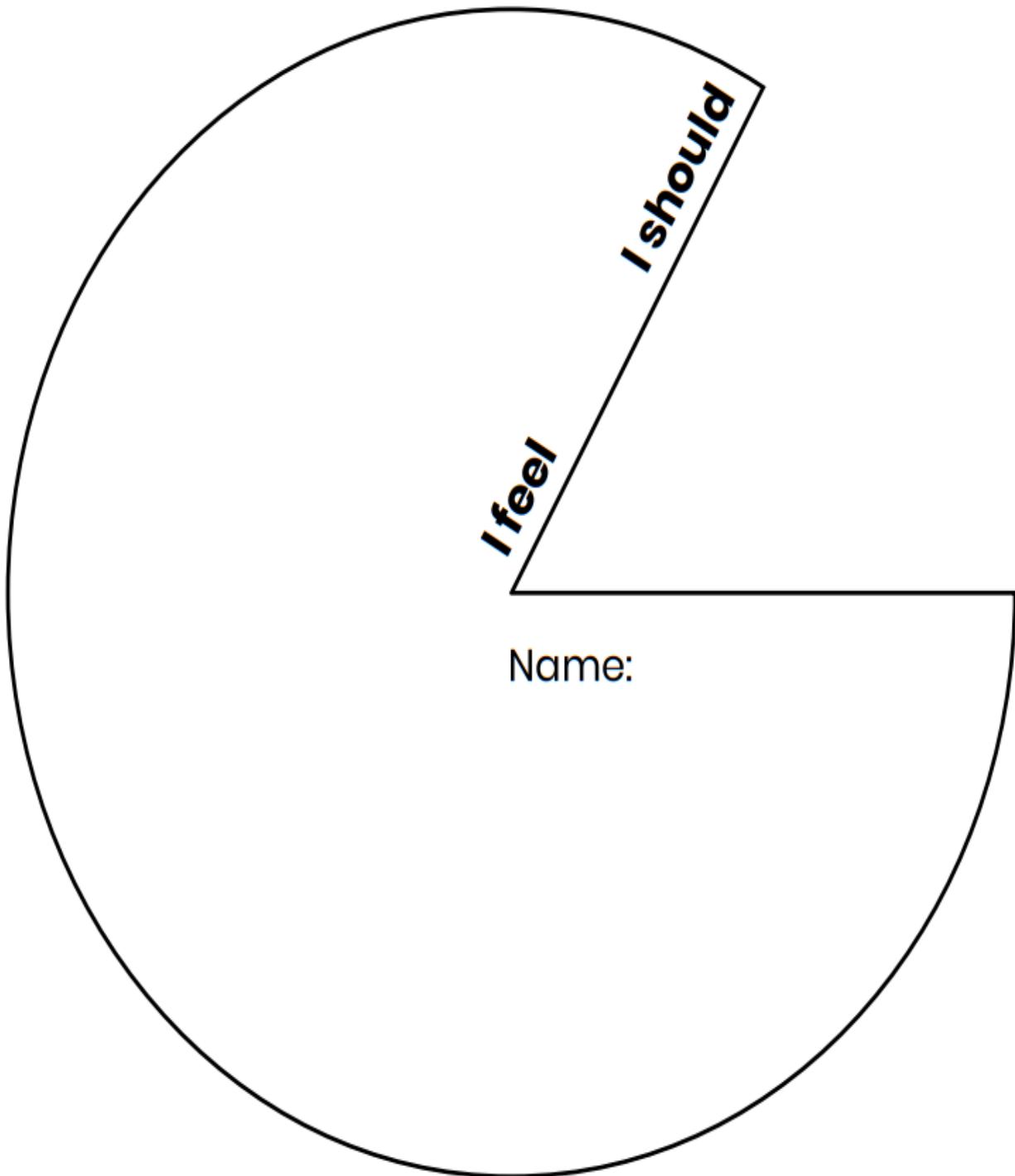
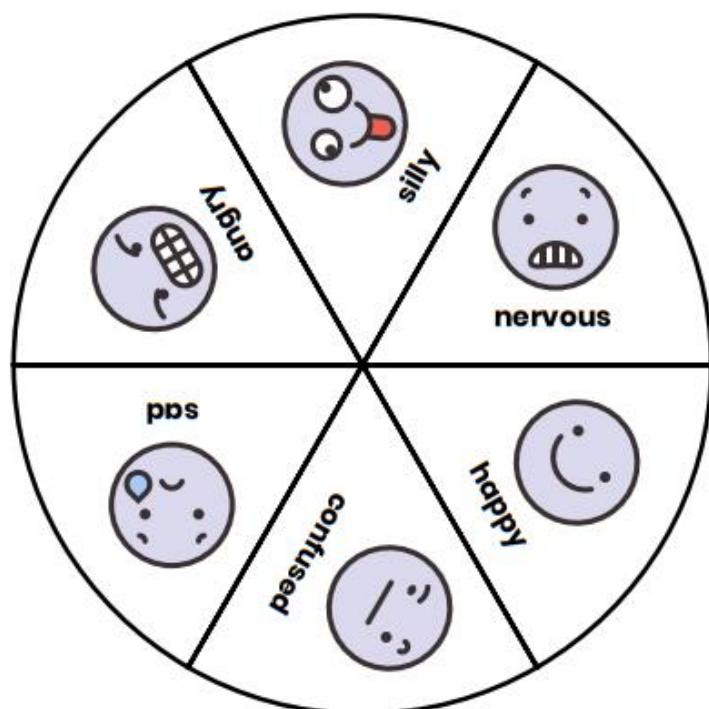


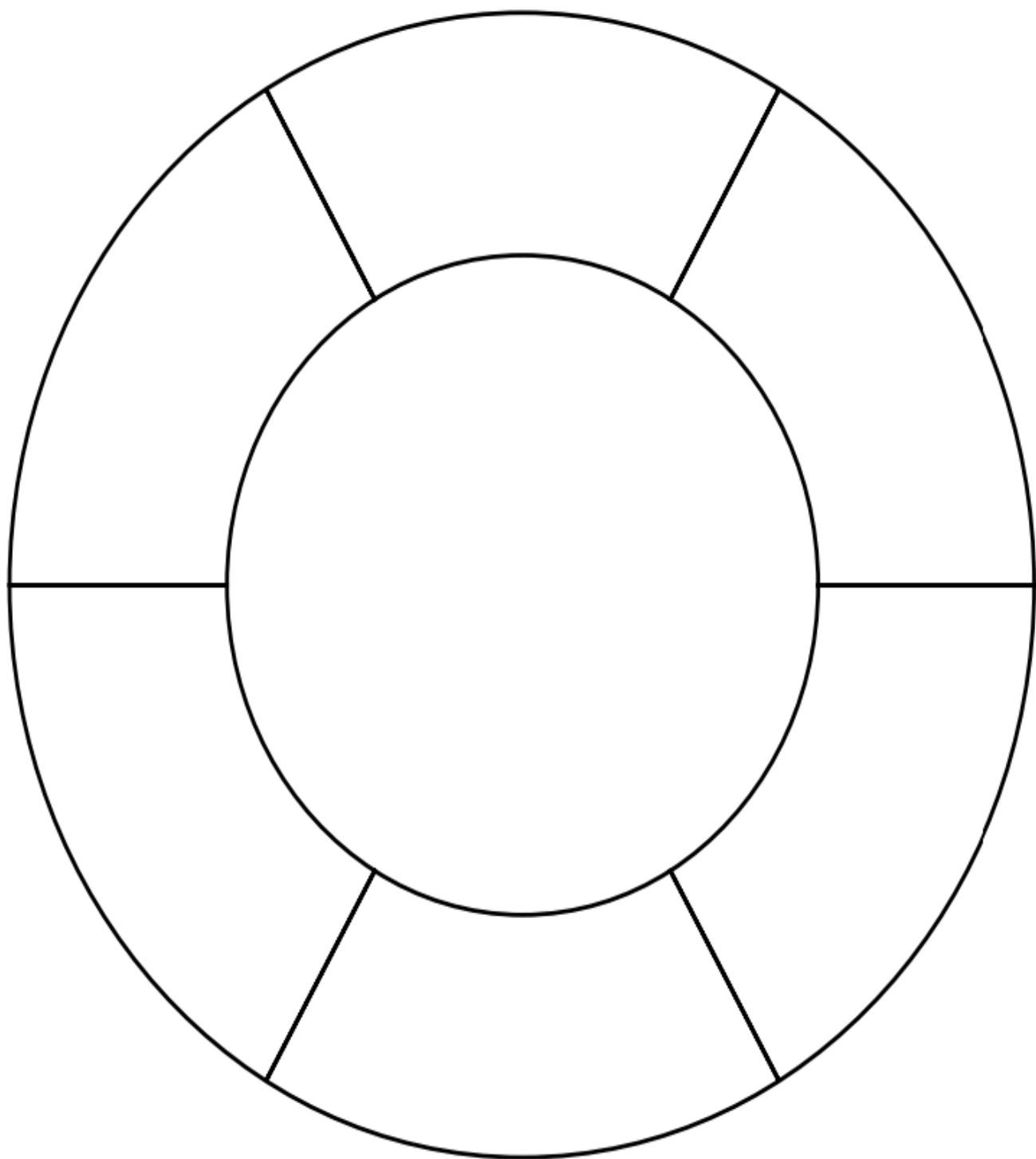
Top Circle



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

