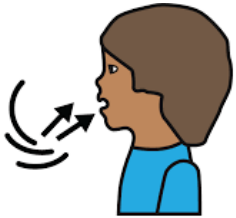


5 Steps to Manage Big Emotions



2. Take 3 Deep Breaths
&
Count to 10 slowly.

1. Reassurance – It's
going to be ok.



3. Use words to say how
you feel.



4. Ask adult for help.
Say what you wish would happen.



5. Take time to calm down.

