

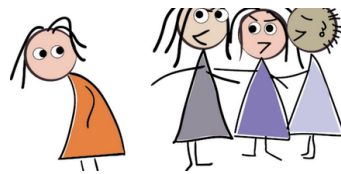
Emotional/Social Cards



Breath deep



Count to 10



Walk away from
bullies



Take a
break



Talk to an
adult



Talk to a
Friend



Draw



Write



Be brave



Tell feelings



Ask for help



Read