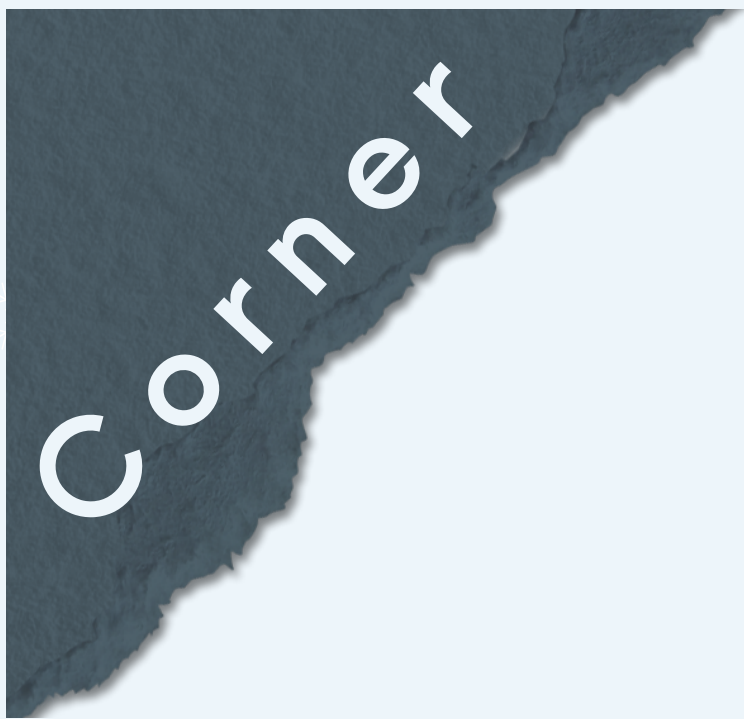






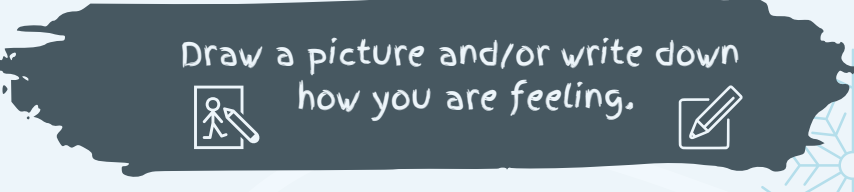




Cool-Down



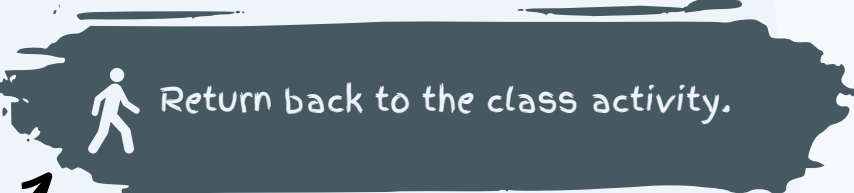



 →   Set the timer. 

 →   Reflect on what **YOU** did that made **YOU** upset.
What can **YOU** do better next time? 

 →   Draw a picture and/or write down how you are feeling.  

 →   Choose an activity that will help you calm down.  

 →    Return back to the class activity.