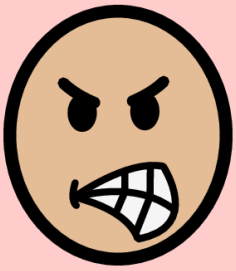
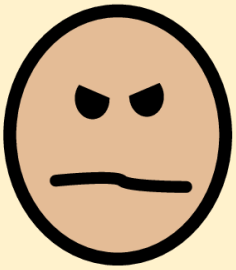
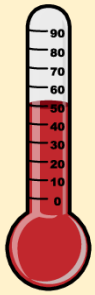
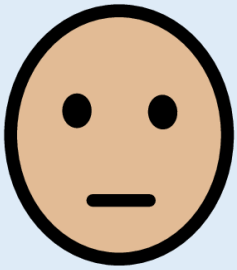
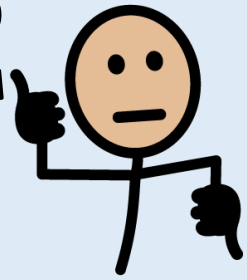
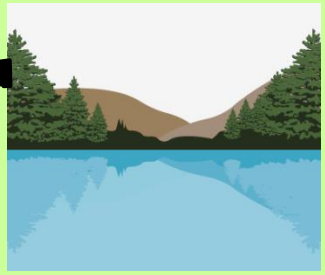
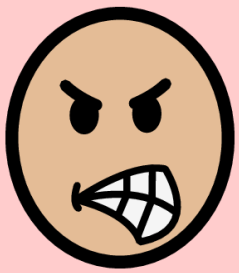
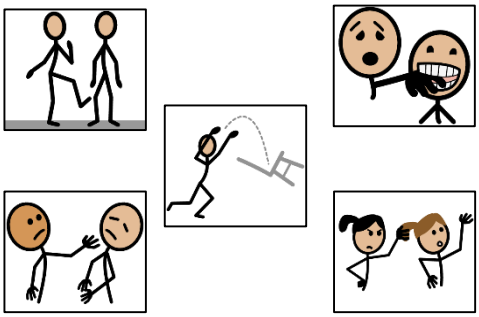
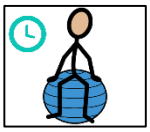
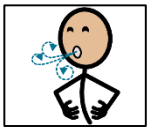
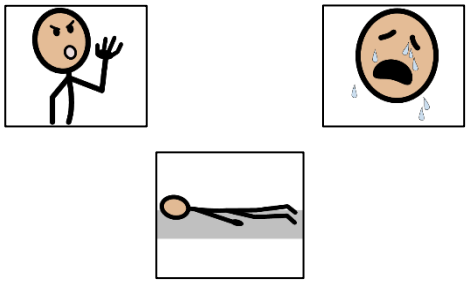
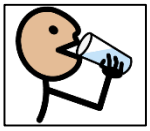
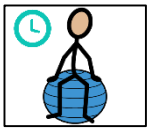
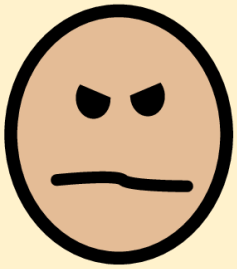
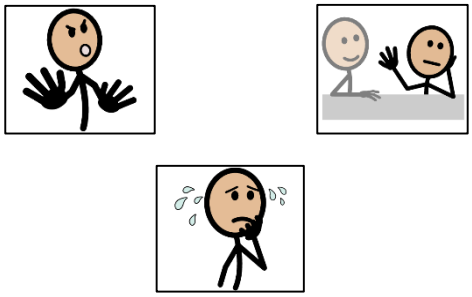
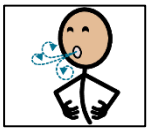
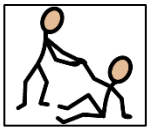
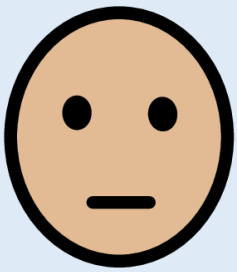
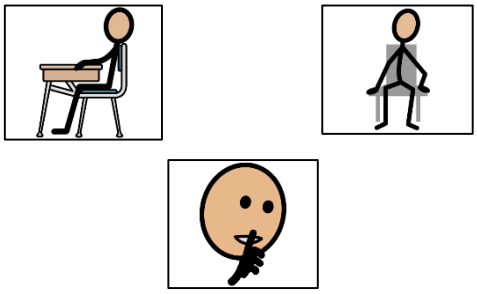
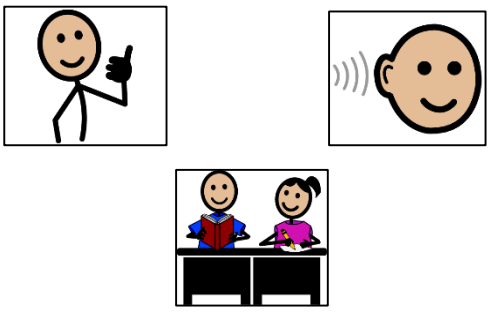
How do you feel?

	**Exploding** I need help to calm down.	5
	Angry I need to calm down.	4
	**Anxious** Something is bothering me.	3 
	**Fine** Everything is okay.	2 
	Calm Things are going well.	1 

What can I do?

	Feels like	Feels like	I can...
5			Take a break.  Take a deep breaths.  **Go number 4.
4			Drink water.  Take a break.  **Go number 3.
3			Take a deep breaths.  Ask for help.  **Go number 2.
2			Earn a token and have a great day!
1			Earn a token and have a great day!