

# Break Card

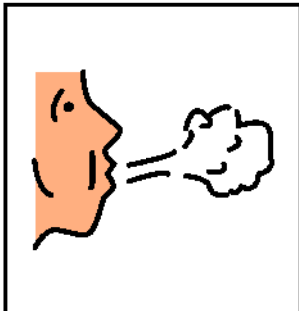
I am feeling upset.

I need to calm down.

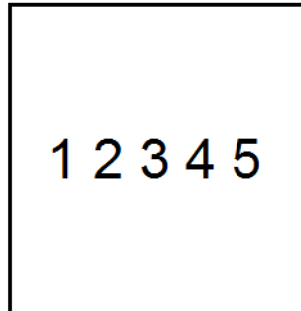
What do I do?



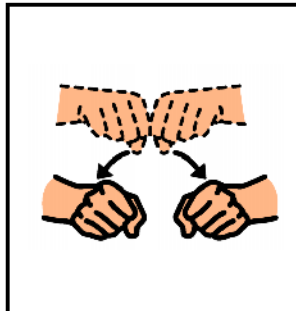
(Front)



I can take deep breaths.



I can count to 5.



I can use my break card and go to a quiet place.

(Back)