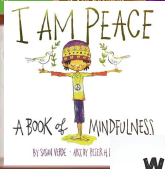
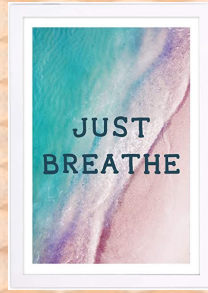


- I DREAM BIG
- I AM BRAVE
- I DO GOOD
- I WORK HARD
- I MATTER
- I AM LOVED
- I AM THANKFUL
- I DON'T GIVE UP
- YES, I CAN!



Coping Strategies to Manage Stress & Tough Emotions

| | | | |
|--------------------------|-----------------------------|--------------------------------|------------------------------|
| Practice Mindfulness | Exercise | Check-in with Feelings | Read |
| Color or Draw | Write a Compliment List | Talk with Someone | Practice Yoga |
| Write in a Journal | Do a Puzzle | Read Positive Affirmations | Look at (or Take) Photos |

