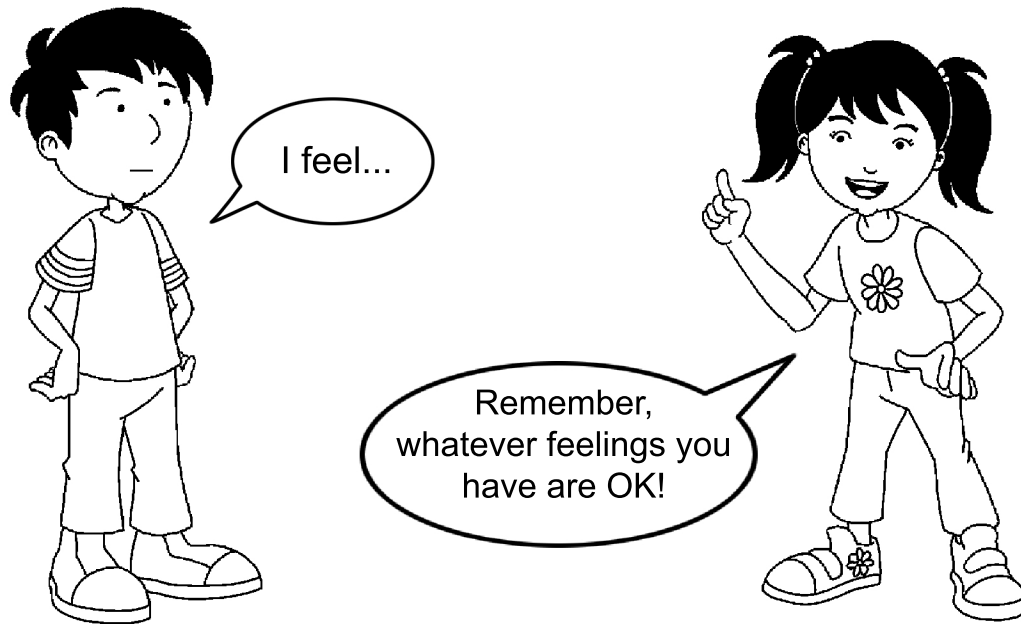
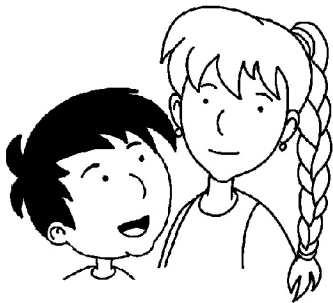


A SPECIAL NOTE FOR KIDS



If you need to feel better, here are some things you can do...



Talk to an adult you trust



Write or **draw** what you're feeling



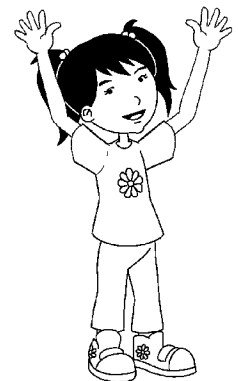
Play in a safe place



Eat a snack or **drink** some water



Take a break



Stand up and **stretch**