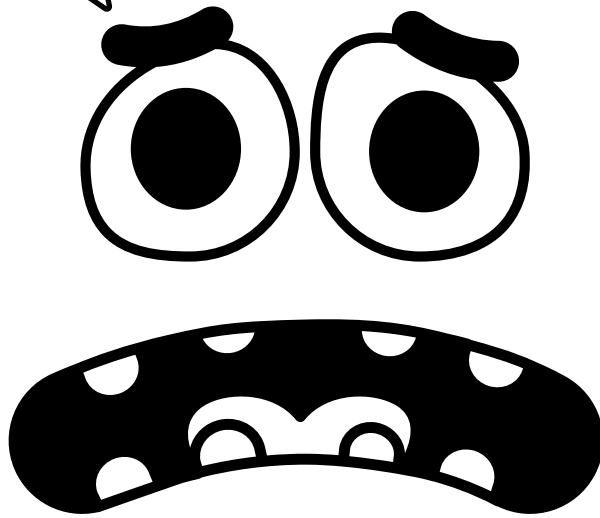


Cut me out!



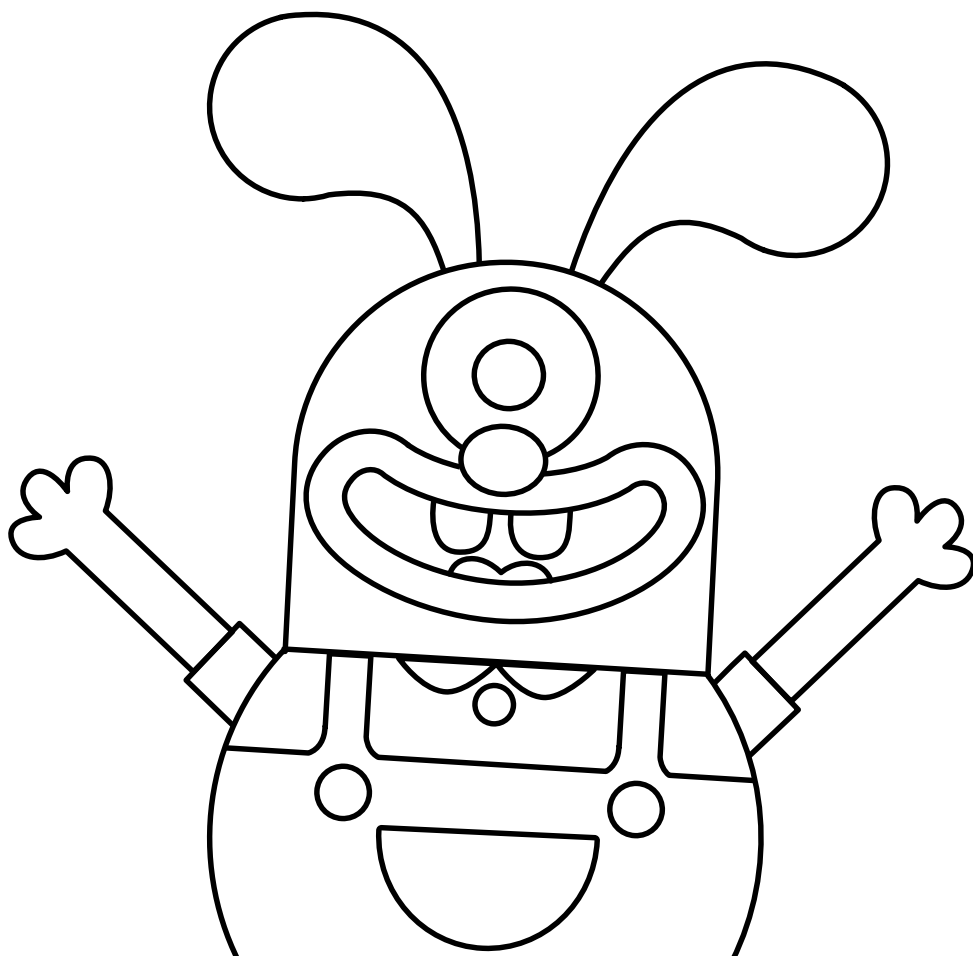
I feel...



TALK

**Talk to someone
about how you feel!**

Cut me out!



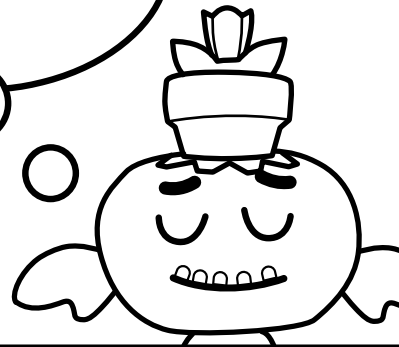
SHARE

**Share your worries
with Bub!**

Cut me out!



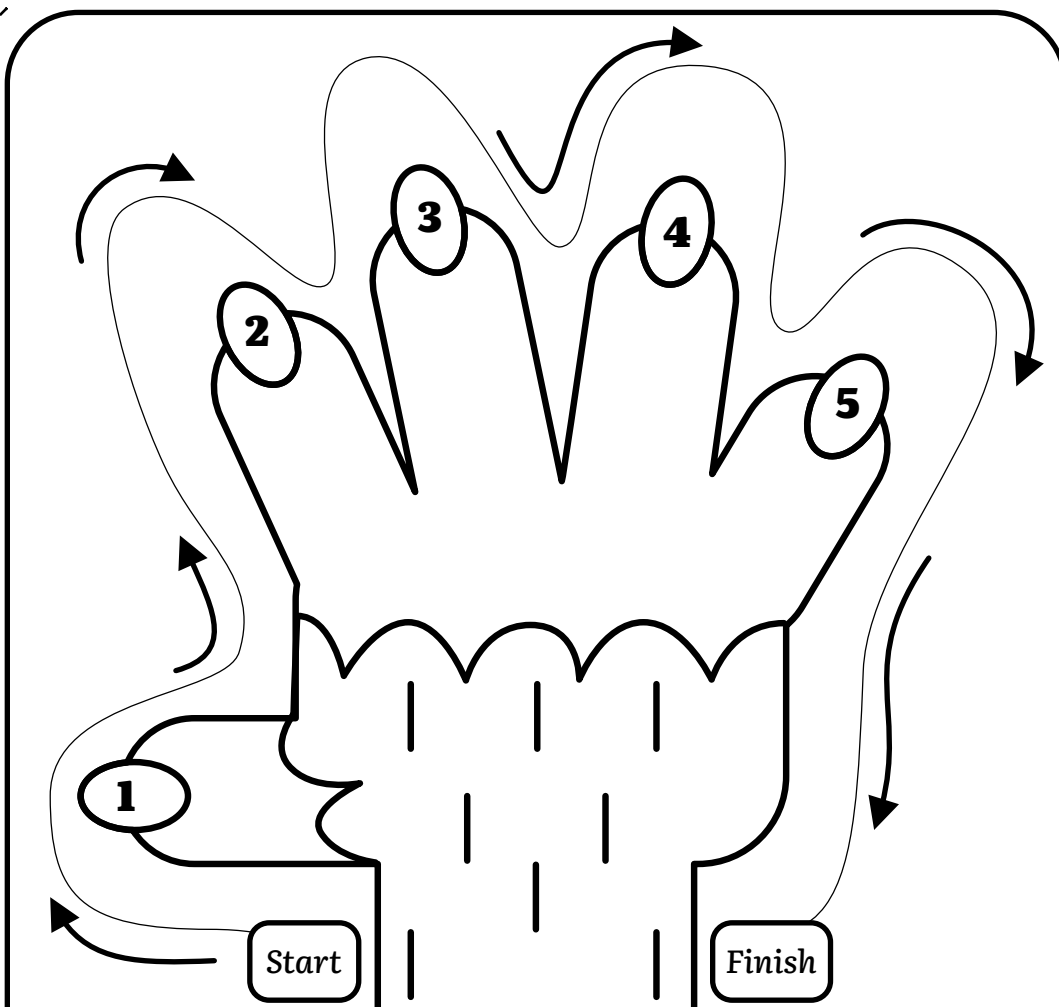
My happy place is...



**CLOSE YOUR
EYES**

**Close your eyes and think of
your happy place!**

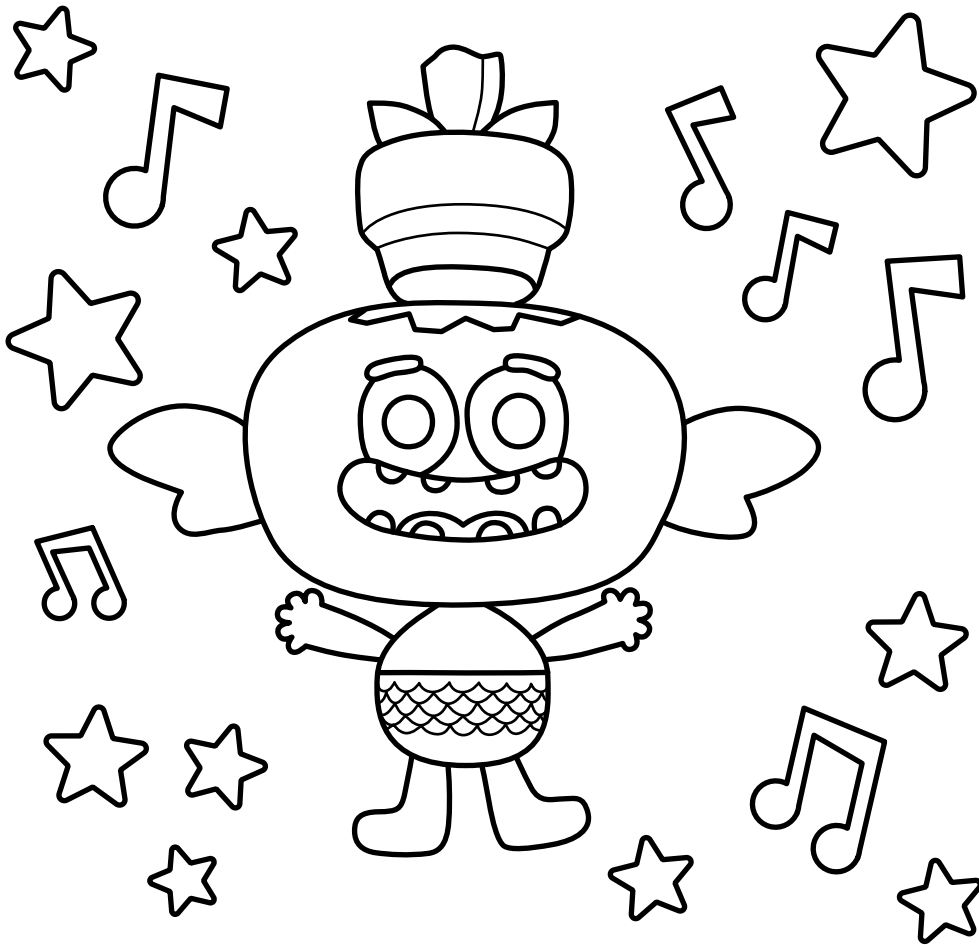
Cut me out!



BREATHE

**Breathe while you SLOWLY
trace the monster's paw!**

Cut me out!



MOVE

**Move about!
Go for a walk!
Dance it all out!**