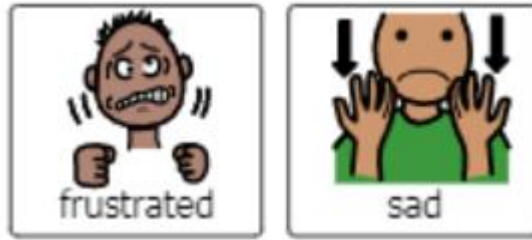
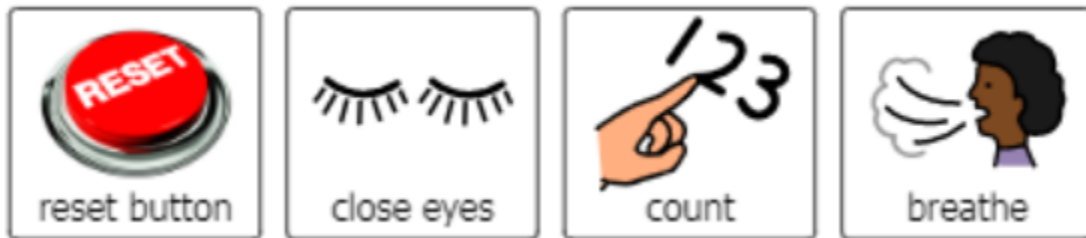


Sometimes I can feel sad or frustrated.



These feelings are ok, and I just need to pause and reset.

I can push the reset button, close my eyes, count to 3, and take a deep breath and try again!



Even adults need to reset sometimes, it is ok.

When I pause and use my reset button my friends and teachers will be happy for me.



