

How to Deal:

- . Breathe slowly and deeply**
 - . Close your eyes**
 - . Take a break**
- . Talk to a friend or trusted adult**
 - . Exercise**
 - . Count to 10**

How to Deal:

- . Say something nice to a friend**
 - . Help someone**
 - . Smile! They are contagious**
 - . Make a new friend**
 - . Give a compliment**

How to Deal:

- . Walk away**
- . Take deep breaths**
- . Talk to someone you trust**
- . Think before you act**
- . Do something that makes you
feel good**

How to Deal:

- . Talk to someone you trust**
 - . Take a walk outside**
 - . Write in a journal**
 - . Read a book**
- . Think about something that makes you feel happy**

How to Deal:

- . Talk to a trusted adult about why you are afraid**
 - . Think good thoughts**
- . Breathe slowly and deeply**
- . Write down your thoughts**