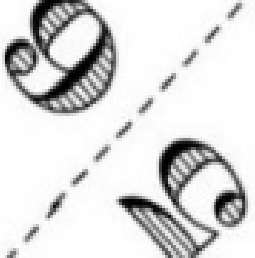
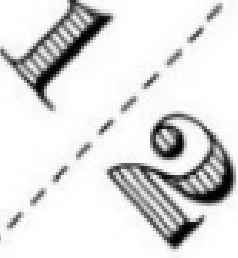
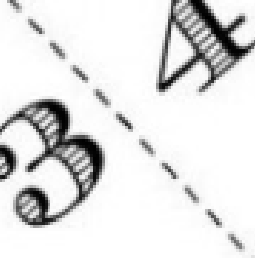
	<p><b>ORANGE</b></p> <p>Get a drink of water and splash cold water on your face.</p>	<p><b>YELLOW</b></p> <p>Listen to music.</p>	
<p><b>RED</b></p> <p>Tell yourself: "Calm down. You can handle this!"</p>	<p>Get a drink of water and splash cold water on your face.</p>	<p>Listen to music.</p>	<p><b>GREEN</b></p> <p>Imagine a beautiful and peaceful place.</p>
<p><b>BROWN</b></p> <p>Get exercise. Get outside. Play outside. Ride a bike. Jump rope. handle</p>	<p>Get exercise. Get outside. Play outside. Ride a bike. Jump rope. handle</p>	<p>Listen to music.</p>	<p>Imagine a beautiful and peaceful place.</p>
	<p><b>PINK</b></p> <p>Talk it out with a trusted adult or friend.</p>	<p>Write down everything you are feeling.</p>	<p>Take a few deep breaths.</p> 

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