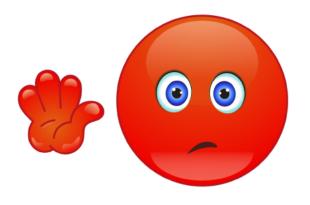
## Sometimes we have a little too much

GO!

When that happens we need to:



STOP take a break



SLOW DOWN take 3 deep breaths





GO play the calm way!