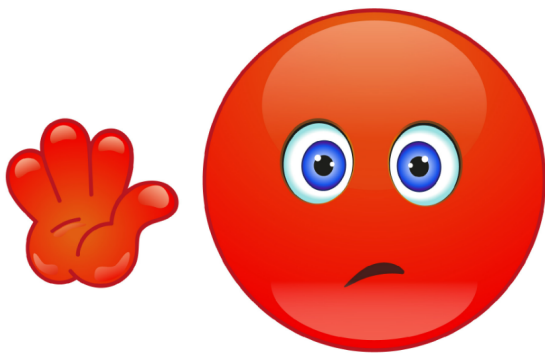


Sometimes we have a little too much

GO!

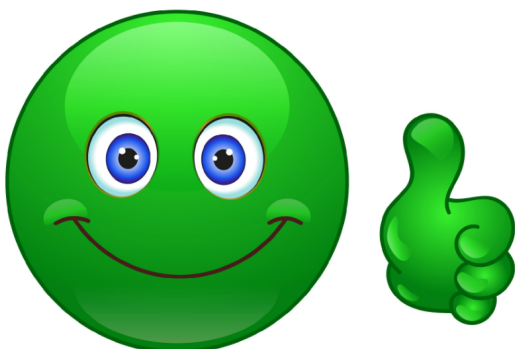
When that happens we need to:



STOP
take a break



SLOW DOWN
take 3 deep breaths



GO play the calm
way!