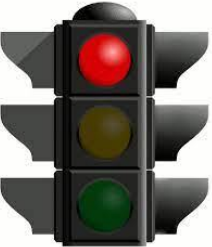


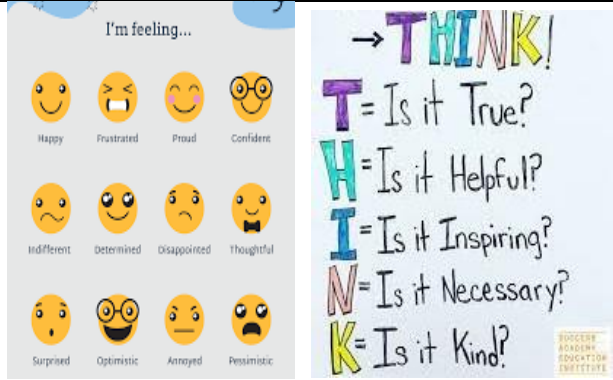
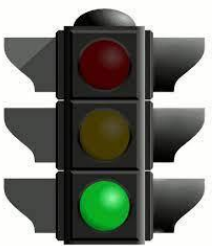




STOP THINK ACT

What To Do		How To Do It	
<p>STOP</p> 	<ul style="list-style-type: none"> *Breathe *Regulate *Calm Body 	<ul style="list-style-type: none"> • Breathing strategy • Walk away • Sit or Wait • _____ • _____ 	
<p>THINK</p> 	<ul style="list-style-type: none"> *What am I Feeling? *What are my choices? 	<ul style="list-style-type: none"> • Check Feelings Chart • Think about what I am going to say or do • Will it make things better or worse • _____ 	
<p>ACT</p> 	<ul style="list-style-type: none"> *Make a green choice *Stick to it 	<ul style="list-style-type: none"> • Go ahead with best choice • Ask for help if needed • Reaction matches size of issue • Reflect on my choice • _____ 	