

LET'S BE

BRAVE TODAY



A

ASK

- HOW IS MY BODY FEELING?
- WHAT AM I FEELING? (NAME IT)



B

BREATHE

- FILL YOUR WHOLE BODY WITH AIR.
- SLOWLY RELEASE THE AIR. (TAME IT)

C

CONNECT

- TALK TO A TRUSTED ADULT.
- DO SOMETHING HEALTHY, HAPPY, AND HELPFUL.



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