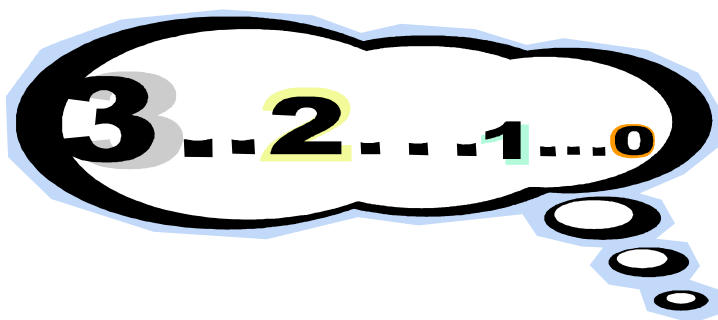


Breathe in  
Breathe out



Taking 3 deep breaths help me fix my problems.



Counting helps me fix my problems!



And talking about it helps me fix my problems!

By Gretchen Mills ECSE Para- McPhee School Lincoln NE