

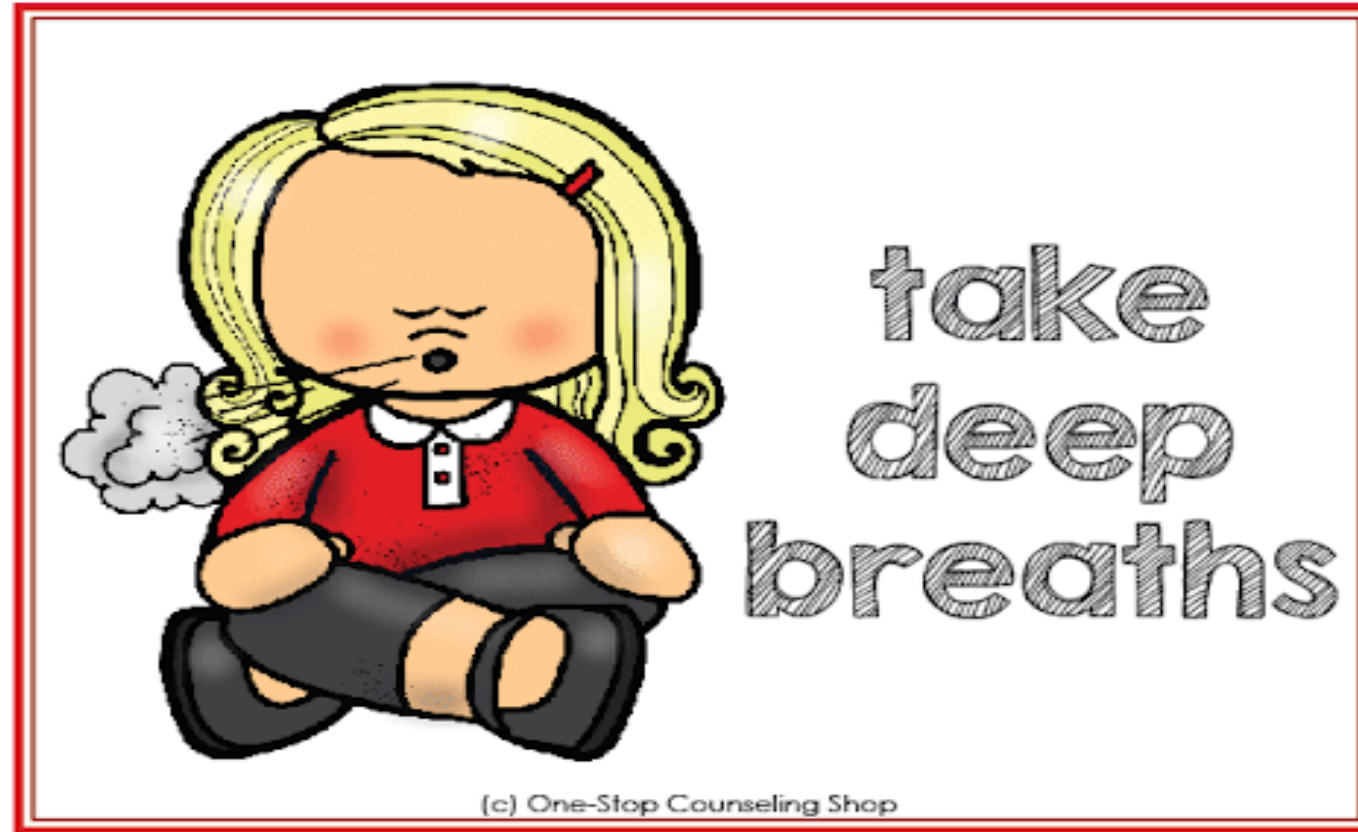
Pre9

Rana Kordzari

What can I do if I feel mad, tired or sad?



Take some deep breath



(c) One-Stop Counseling Shop

Read a book



Draw or color



Drink some water



Hug a stuffed animal



stretch



Exercise



Build something

