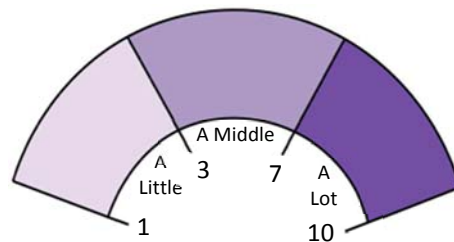


## Telling My Story

I will tell my story by

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I may have some heavy feelings when I tell my story. It is time to take a break if my heavy feelings are:



I will use these skills to calm heavy feelings:

- 1.
- 2.
- 3.