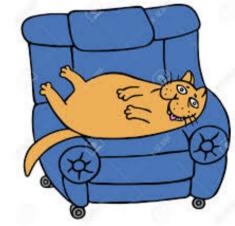


1. Set the timer



2. Get yourself comfy



3. Pick a 'chill out' tool, think about how you feel



4. When the timer goes off tidy up



5. Go back to the class activity



BE BRAVE, BE CREATIVE, BE KIND, BE THANKFUL, BE HAPPY, BE YOU