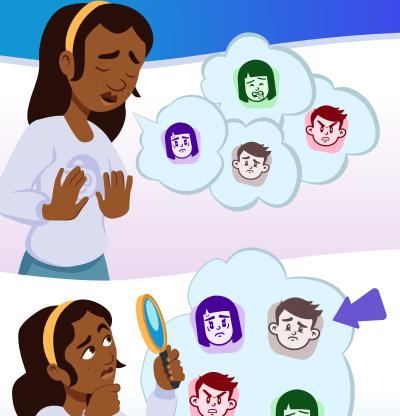
## **HAVING AN INTENSE EMOTION?**

Something is bothering you? You feel unease?





Take a step back from the situation, breathe or give yourself space.



Try to identify your emotions and think about what you could do.



**3** ZOOM-ACT

Choose the best solution for you or ask for the help of an adult.

