

Sometimes I get sad. That's okay!



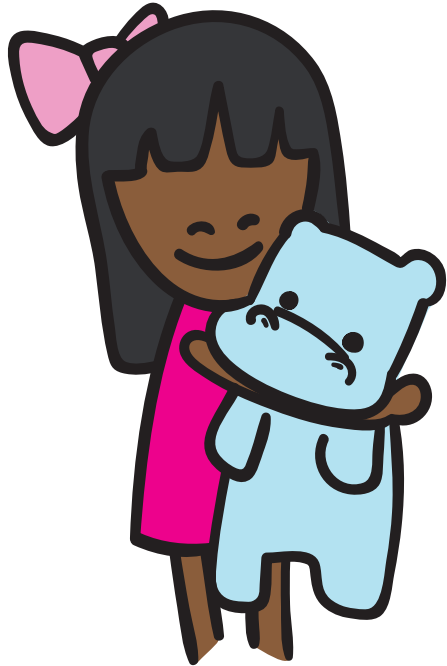
Everyone gets sad sometimes.

Sometimes when I get sad, my engine runs too low!

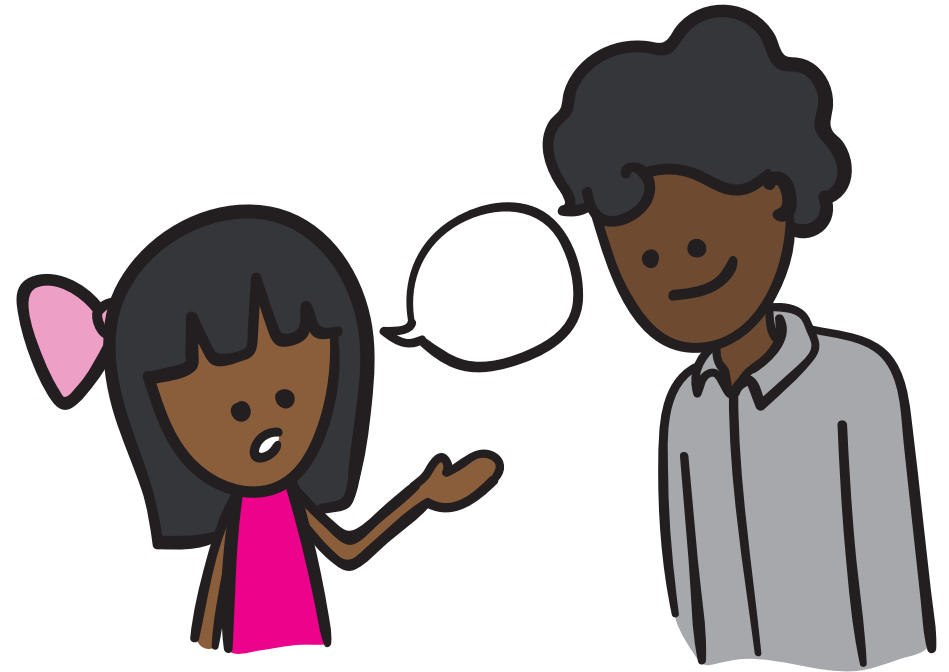


To bring my engine up to be just right, I can...

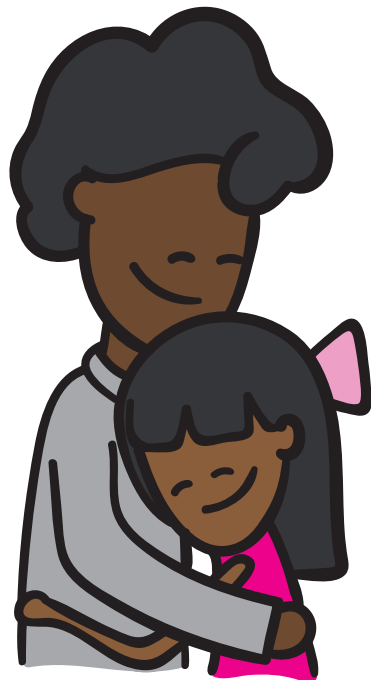
I can hug my favorite toy



I can talk to someone



I can ask for hugs



I can listen to music



Sometimes when I get sad, my engine runs too high!

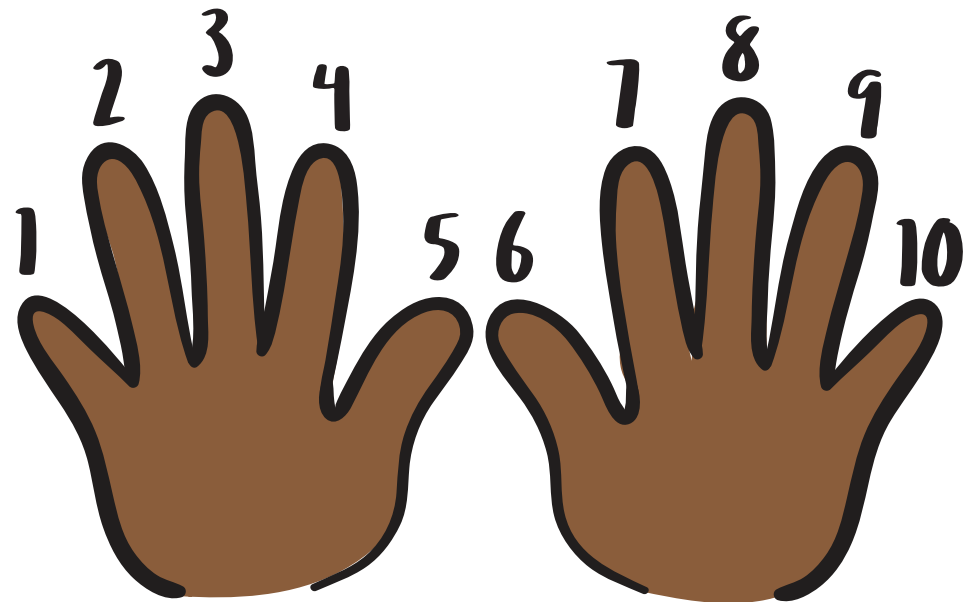


To bring my engine down to be just right, I can...

I can take deep breaths



I can count to ten



I can ask for help



I can drink some water



Now I feel better!

