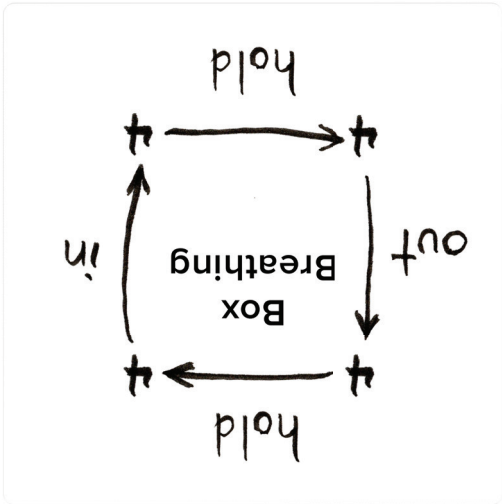
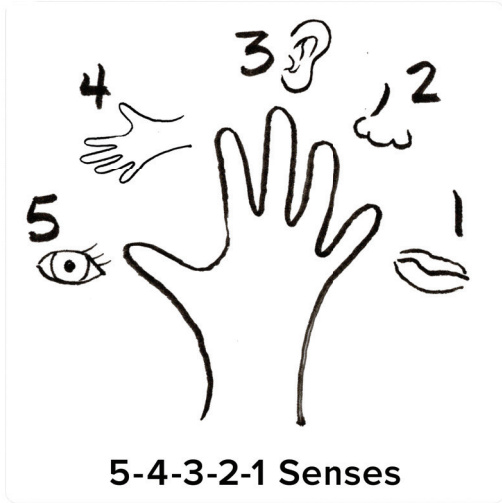
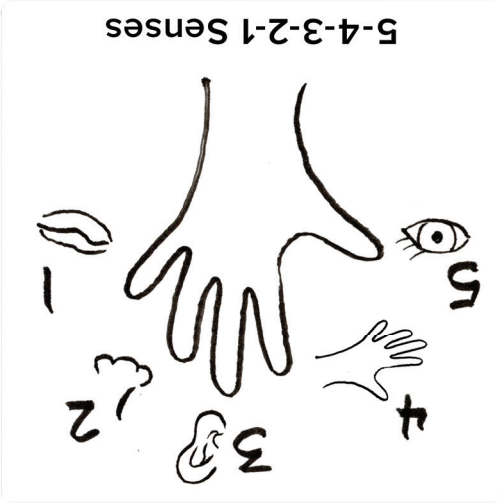
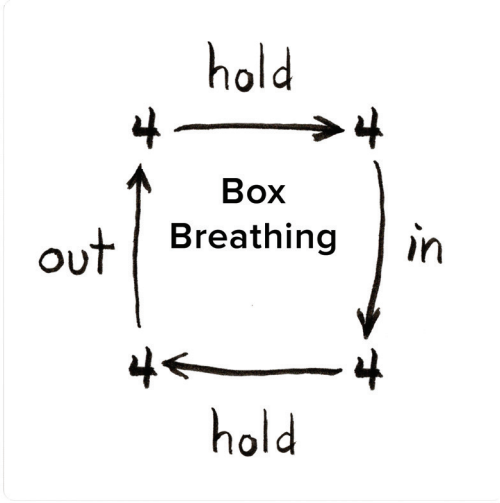




My Calming Card



My Calming Card



I need a 5-minute break.

I'm struggling.

I'm ready!

I'm struggling.

I need a 5-minute break.

3 cut

Directions

2 fold

1 **Fold** this page in half along the solid grey line, so these words are on the outside.

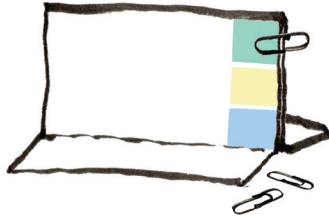


2 **Fold** up at *both* solid grey lines, to make the feet.



1 fold

3 **Cut** along the dashed grey line.



2 fold