


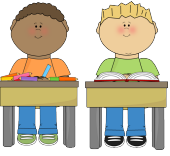



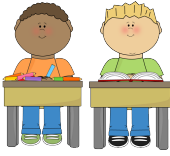


The Cool-Down Spot

1.  Set the timer
2.  Think about why you are here and what you can do different next time OR
3.  Use a calming tool
4.  Come rejoin the class when you are done.

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