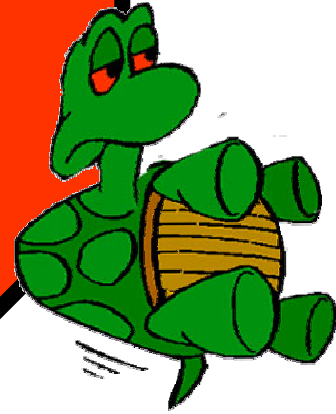


#1



#2

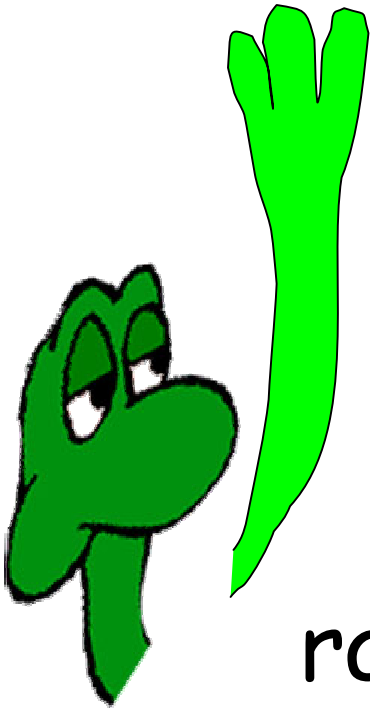


Tuck your head  
inside your shell  
and take **deep**  
**breaths** to calm

#3



Think about  
what you are  
going to say



**#4.**

Sit quietly and  
raise your hand and  
wait for your teacher  
to come over and talk



**#5** Try not to  
make the same  
mistake again