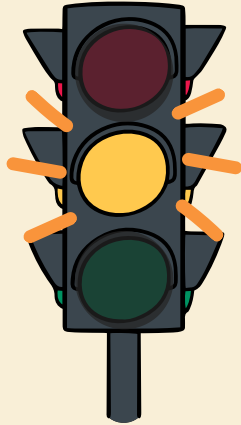


pause and take a deep
breath



HALT

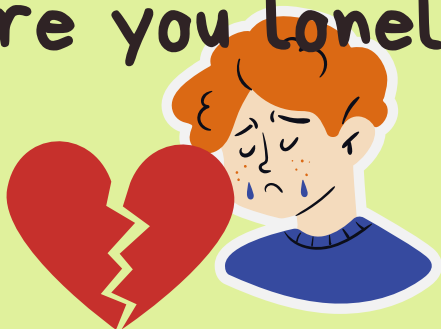


are you
hungry?



are you
angry?

are you lonely?



do you miss someone?

are you tired?



feelings can be like an iceberg

this is
what you
see

angry

screaming

unkind words
to self or others

refusing to
do work

scared

home is hard

worried

lonely

being
bullied

embarrassed

feeling
unloved

this is
what IS
going on