

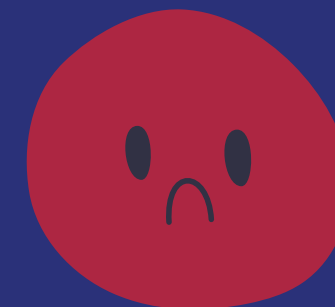


Think...



Strong choice

- Take a break
- Walk away
- Star breathing
- "I feel" message
- Win-win
- Talk to an adult



Poor choice

- Hitting
- Calling names
- Screaming

Wellbeing

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You can contact Kids Helpline for help!
1800 55 1800 | [kidshelpline.com.au](https://www.kidshelpline.com.au)