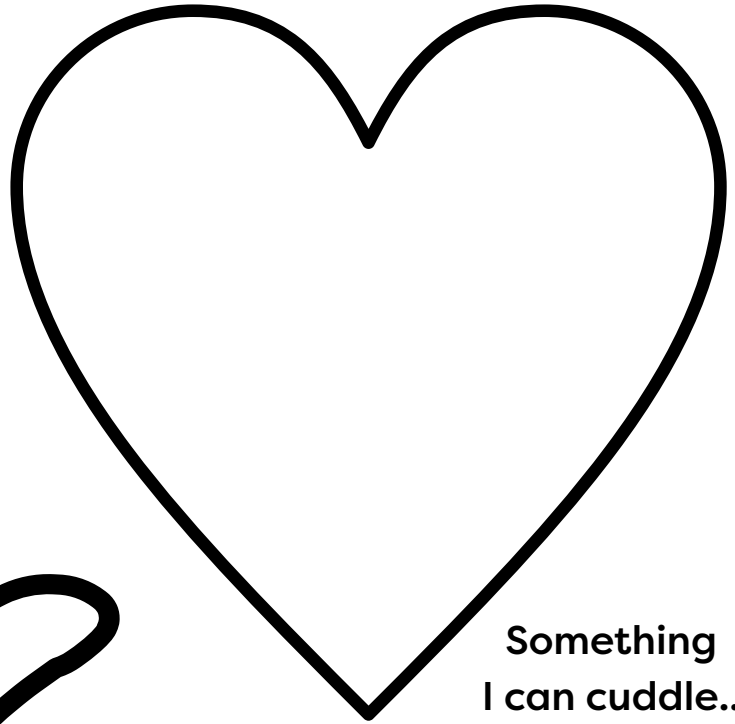
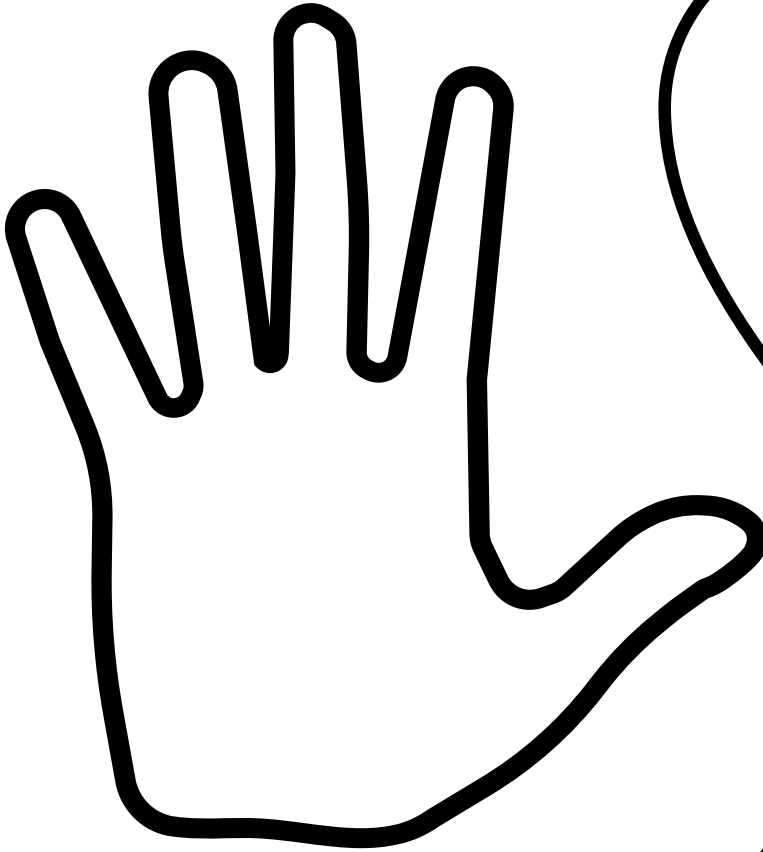


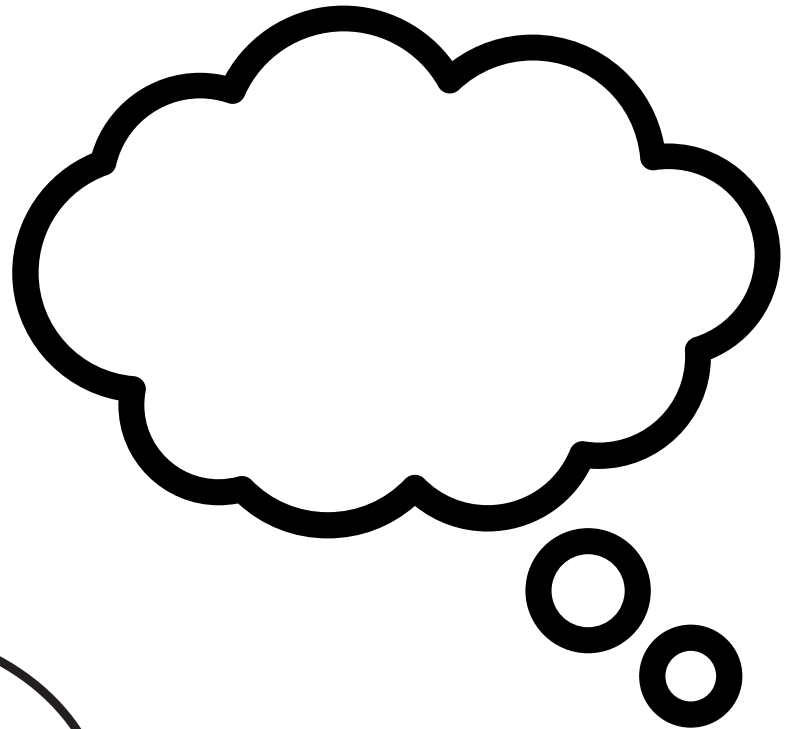
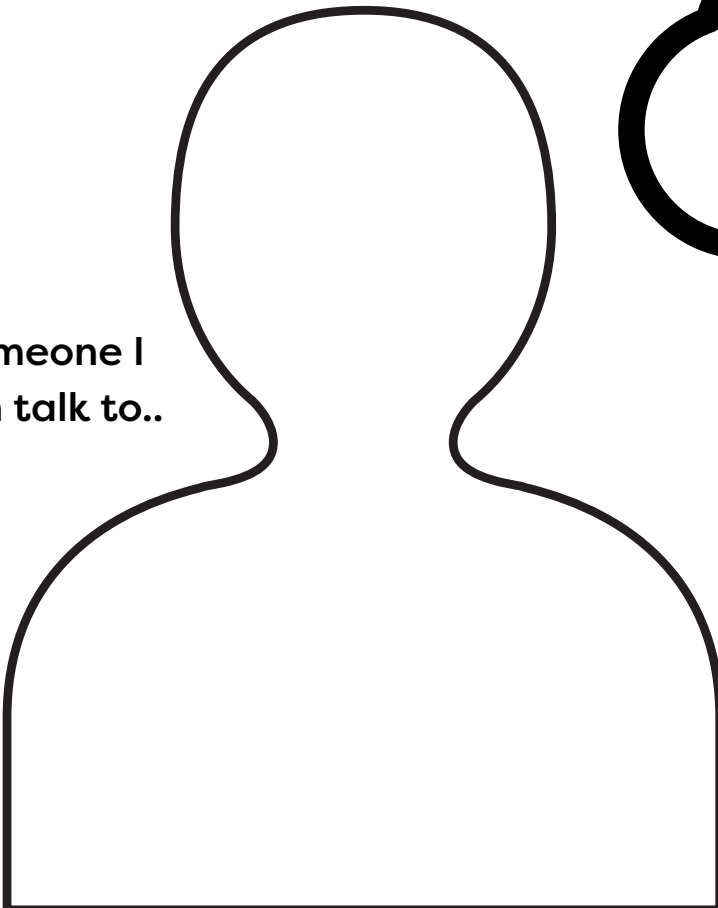
# My Sadness Toolbox

Something I can do  
with my hands...



Something  
I can cuddle...

Someone I  
can talk to..



Something I can say  
to myself...

Something that helps  
me feel calm...



A memory or  
happy thought...

