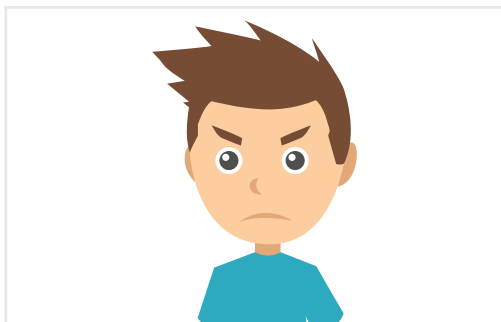
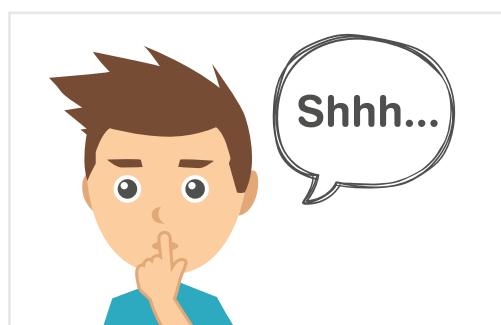


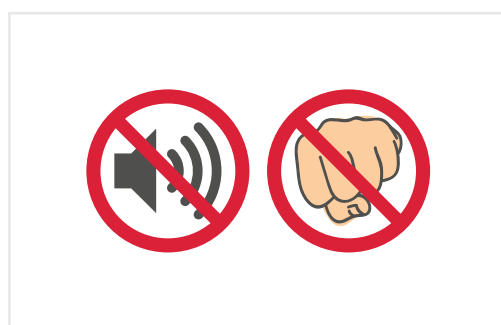
# O que fazer quando estiver irritado e nervoso?



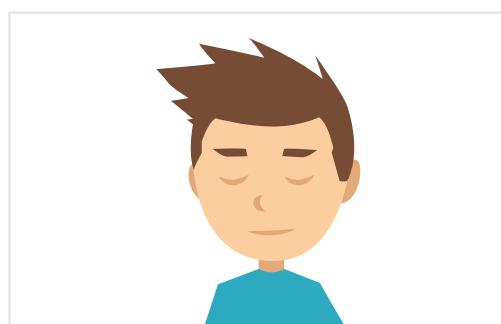
1. Quando eu fico nervoso



2. Preciso ir para algum lugar calmo e ficar em silêncio



3. Não posso gritar, bater e nem morder



4. Espero me acalmar



5. E posso ir brincar