

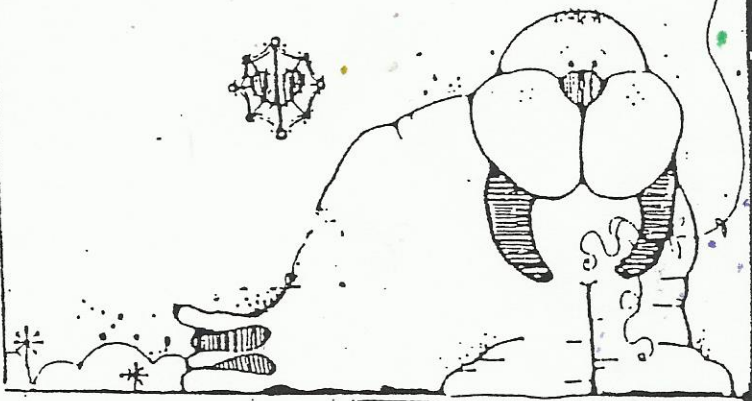
Ask Me About

Kids Heart Challenge

I have more — than
I have fewer — than

taking a breath, saying the emotion
we're feeling, and belly breathing to
Calm down. Not to hit what
made us angry.

J Sound



Important Dates
2/1 - Early Release
2/1 - Assembly
2/4 - 100 day
(if no closing days)

