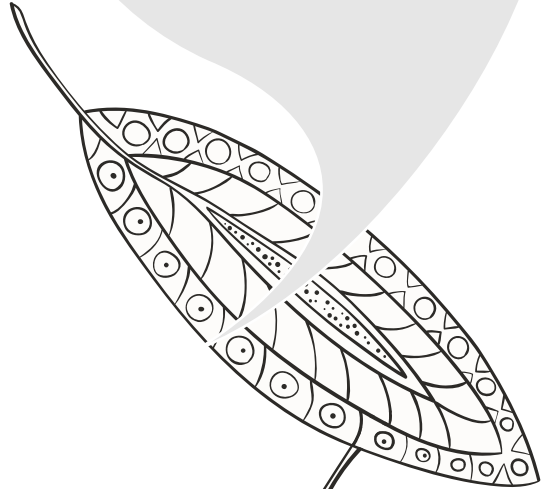




It's ok
to feel bad
sometimes.



How does feeling embarrassed help you make better choices?

Have you ever felt sad, but then it got better after a while?

What are some things you can do to cheer yourself up
when you're down?

