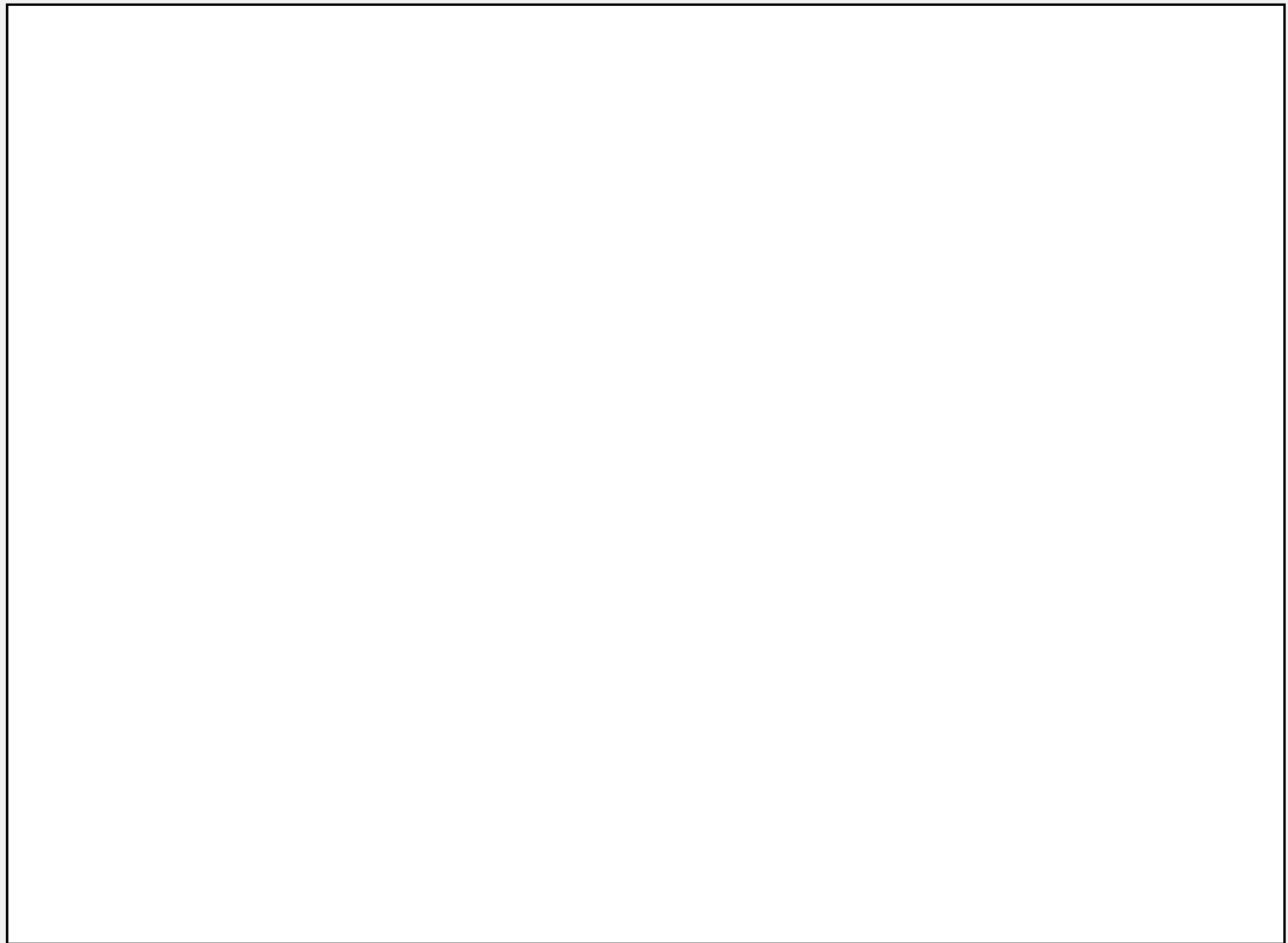


# My Peaceful Snapshot

Close your eyes and imagine that you are at a place that is very peaceful to you. Try to remember as much detail about it as you can. Draw a picture of this place below!



\_\_\_\_\_ 'S PEACEFUL SNAPSHOT

Cut this picture out and put it someplace you can see it every day. Whenever you start to feel *anxious* or *stressed*, take a look at the picture and imagine that you are in your peaceful place!

