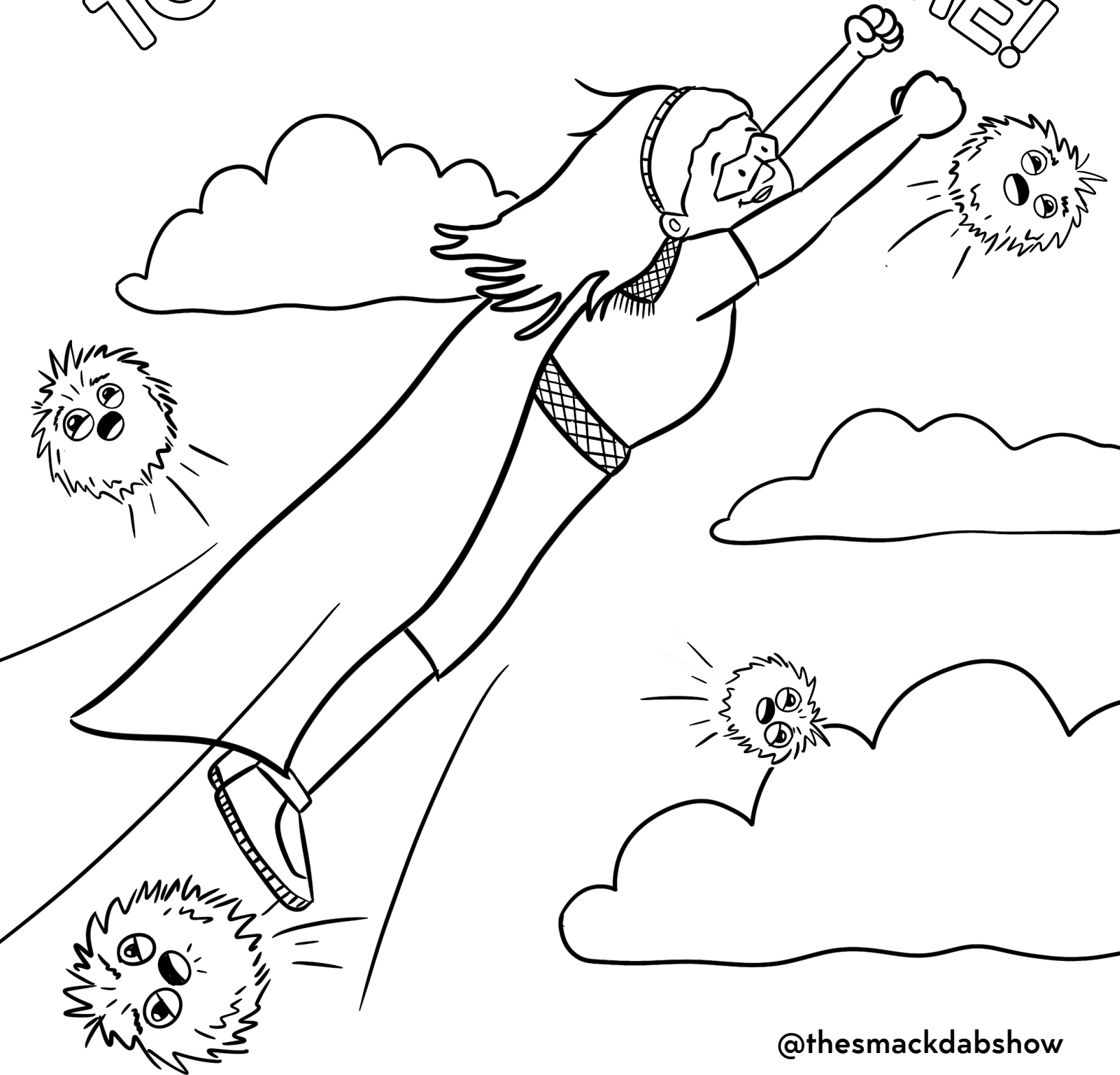
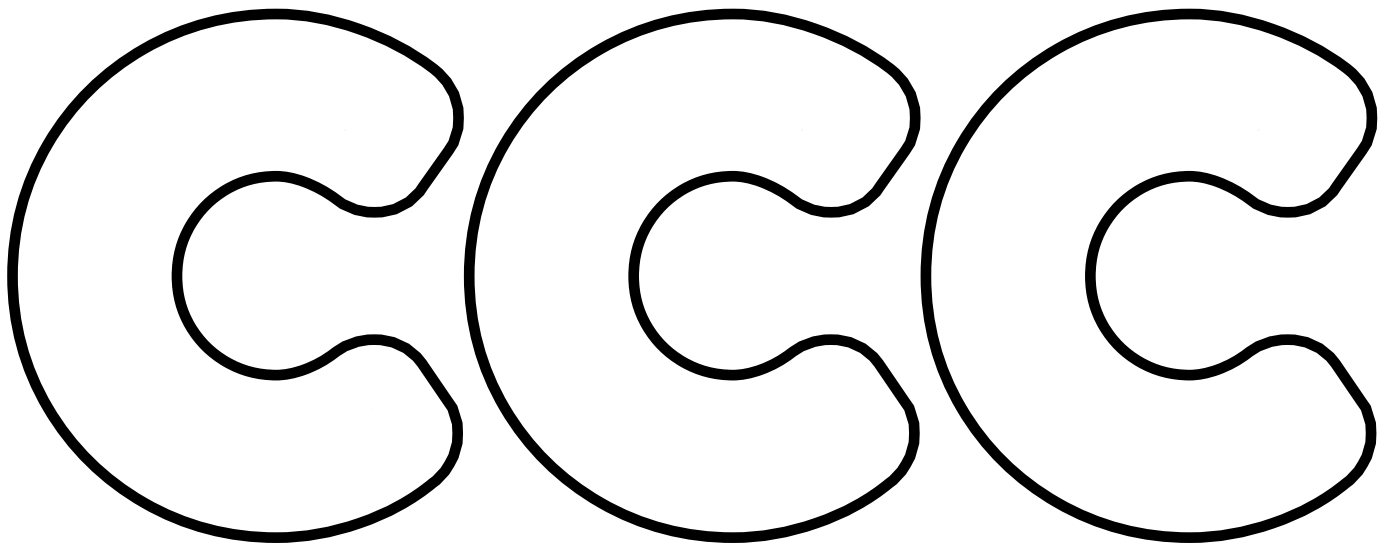


CAPTAIN TOTALLY AWESOME!



"If you feel a little shaky,
And your head is getting achey,
Maybe you can't fall asleep at night,
Your room feels dark and sad,
And you feel pretty bad,
Just think of Captain Totally Awesome's C's!
These Stress-Mites might gather,
But wouldn't you rather stay--"



calm

2 deep breaths

cool

pretend that you're
the coolest person
in the world

confident

remind yourself why
it's going to be OK!



**THE
SMACK-DAB
IN THE MIDDLE OF THE DAY
SHOW**