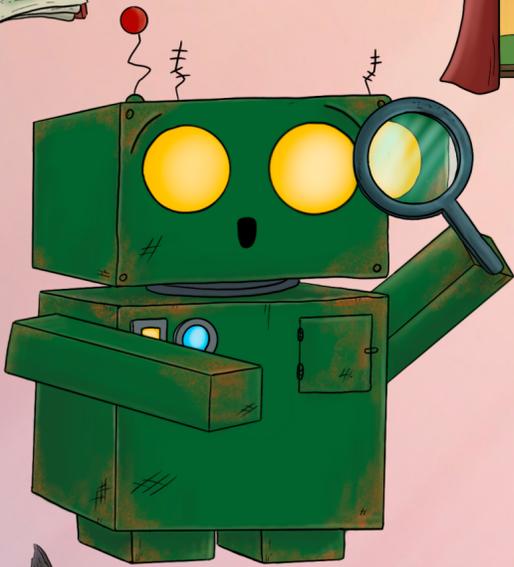


JOT THE FRIENDLY ROBOT

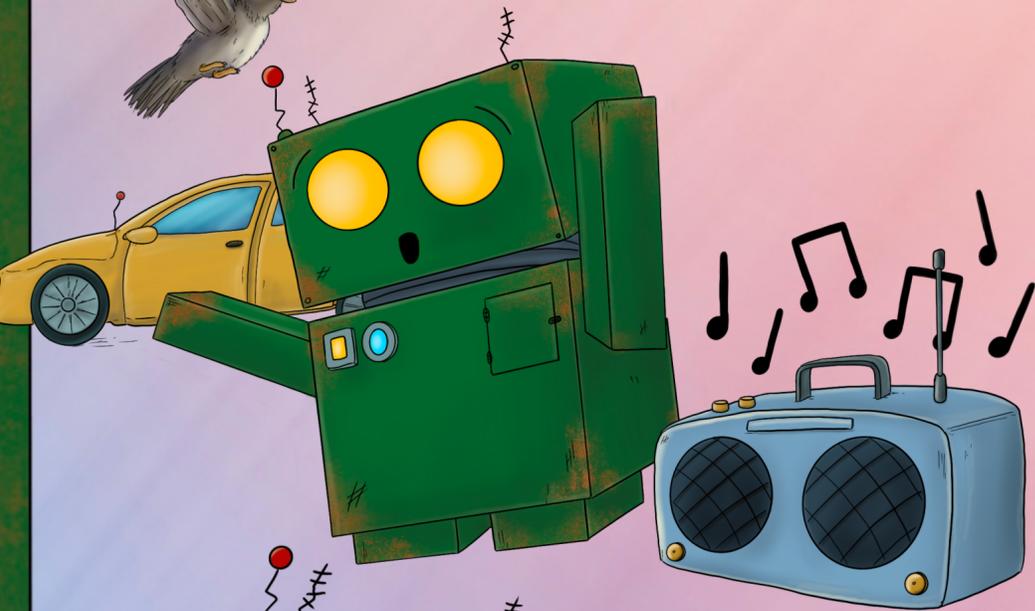
WHEN JOT IS STRESSED, WORRIED, ANGRY, OR TENSE, HE LIKES TO TRY THE "RULE OF 3" GROUNDING TECHNIQUE.

LETS TRY IT!

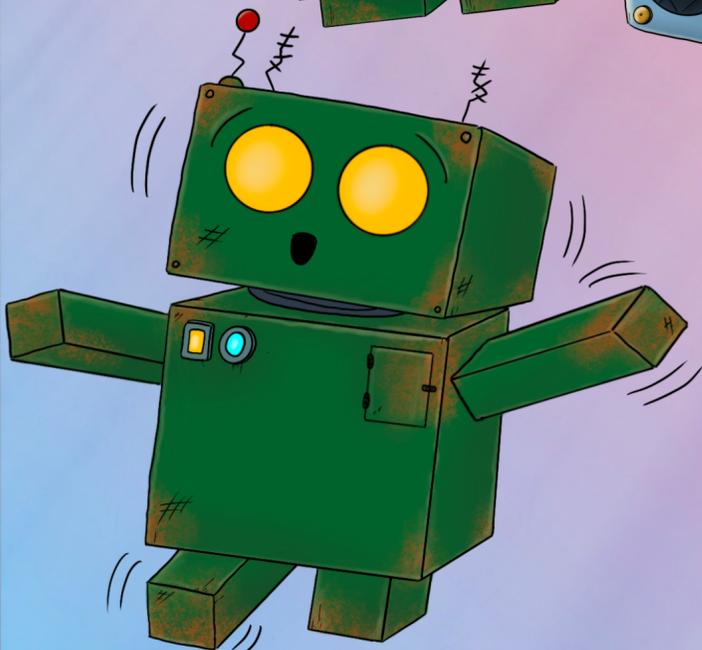
FIRST TAKE SOME SLOW, DEEP BREATHS AND THEN THINK OF...



3 THINGS YOU CAN SEE.



3 THINGS YOU CAN HEAR.



3 PARTS OF YOUR BODY YOU CAN MOVE.

HOW DO YOU FEEL NOW?

JOT THE ROBOT CREATED BY @JGMINDDOODLES