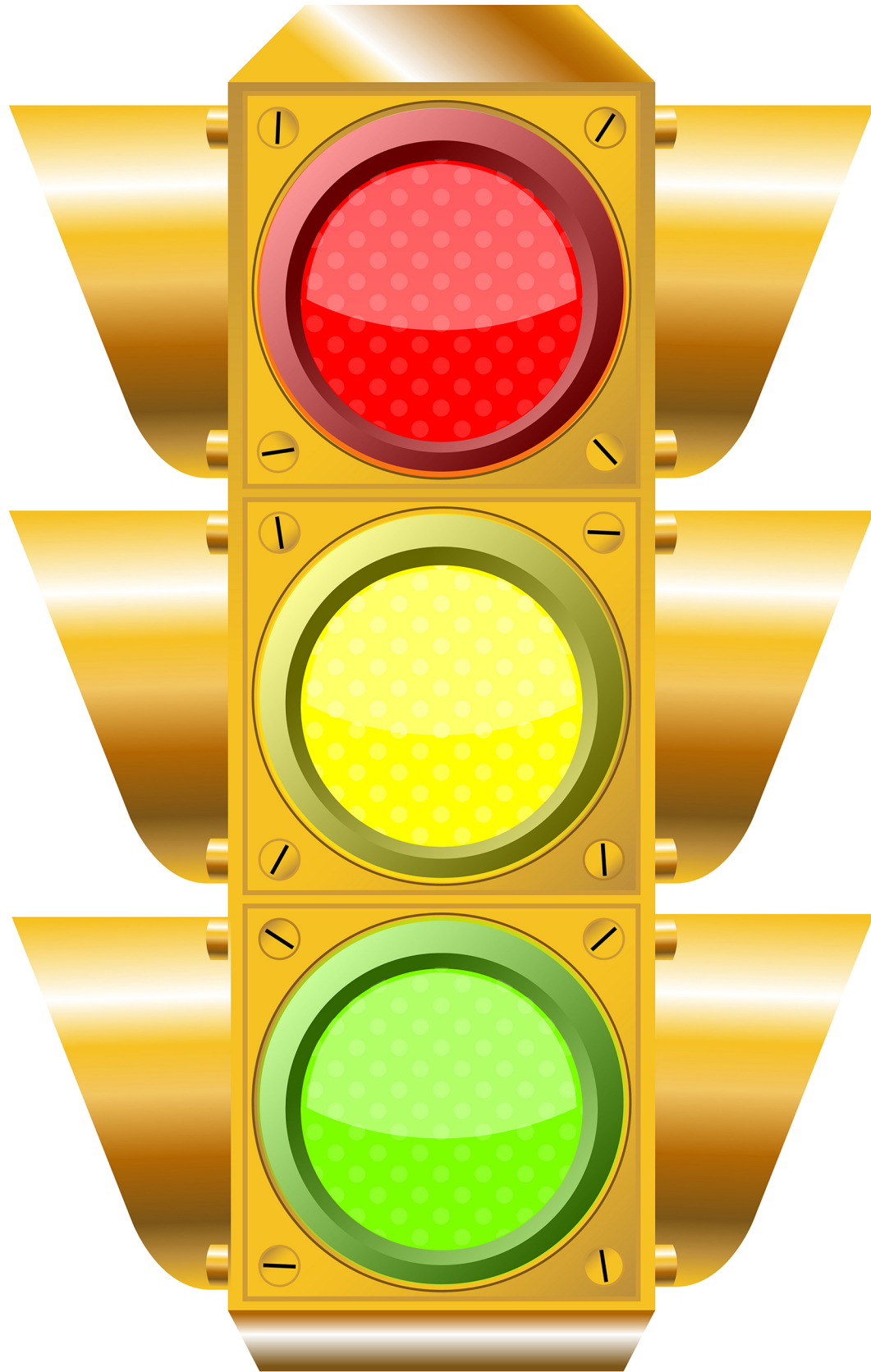


# Be a Bucket Filler!



**STOP**

when you're angry; take a deep breath

**YIELD**

to think about what you can do

**GO**

when you are ready to be a bucket filler