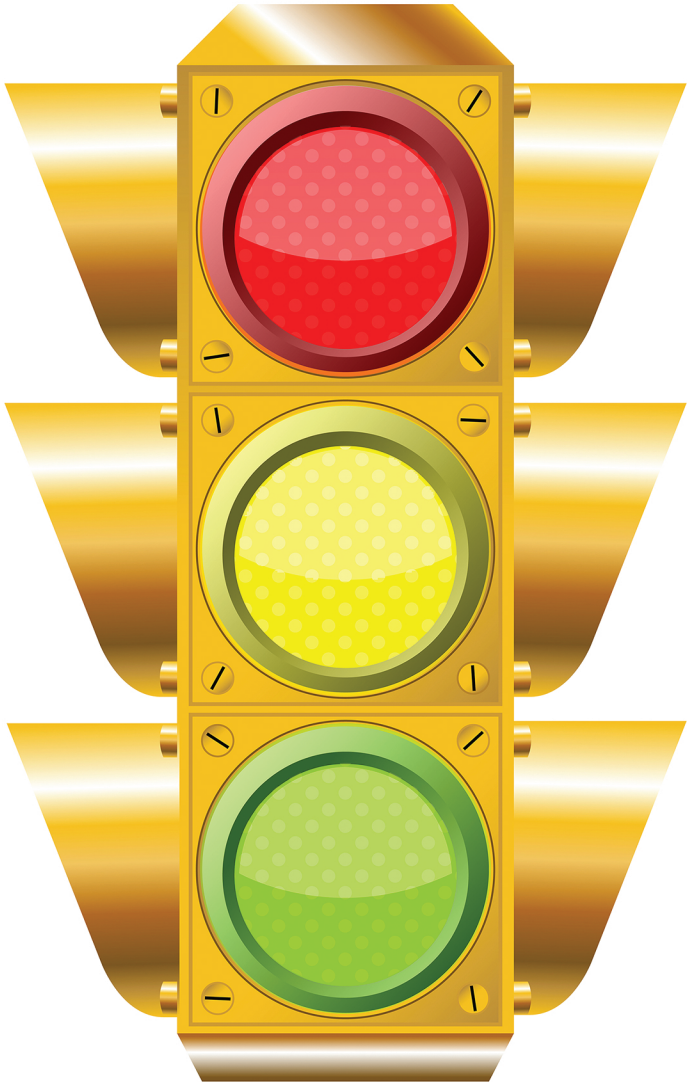


Be a Bucket Filler!



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