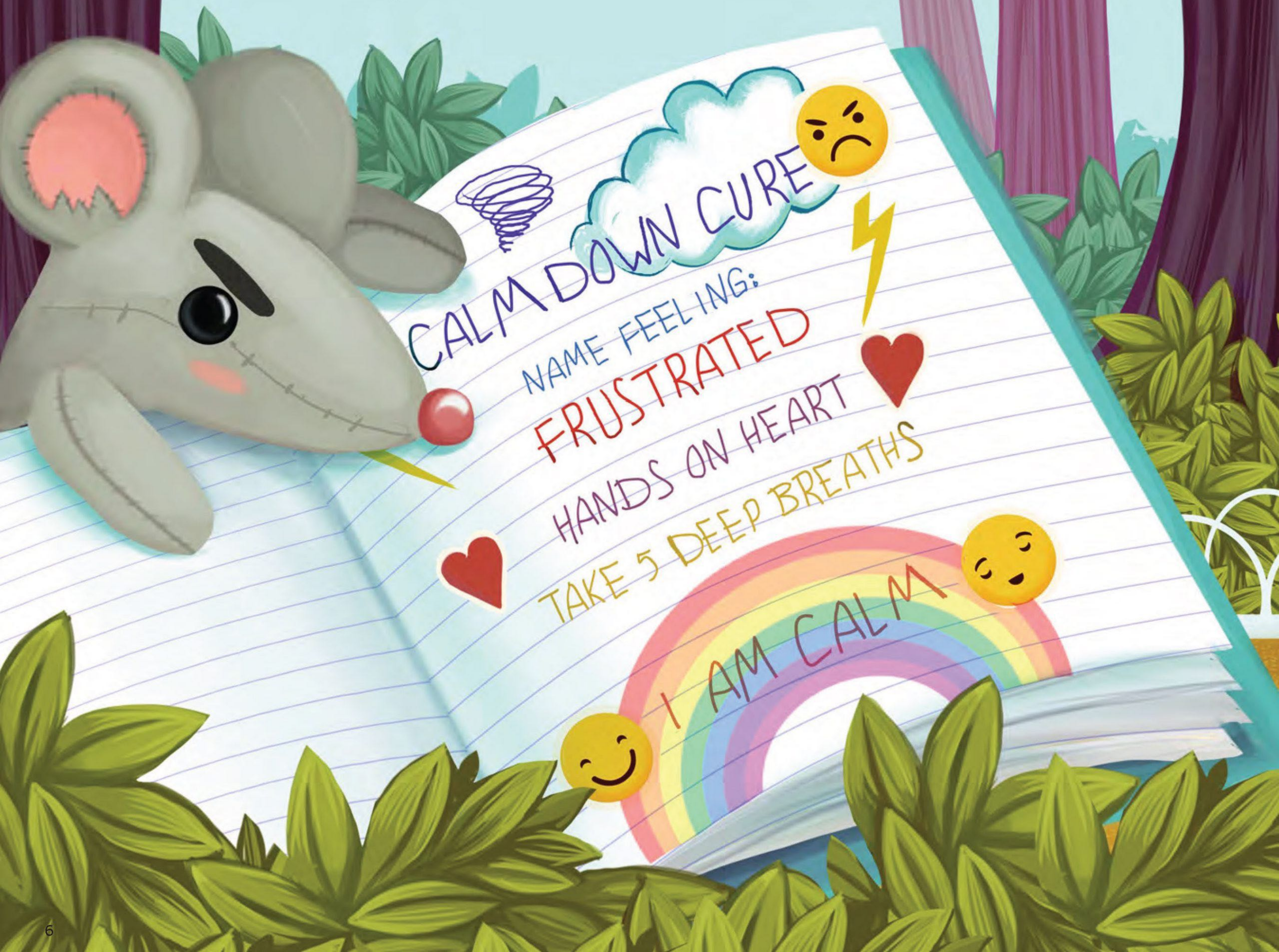







His foot caught one, and he landed with a loud THWUMP in the mud. He felt his cheeks burn hot, the anger rising in him like a balloon.



Quick! He zipped open his pack and flipped through his Feelings Formulas until he found the one he was looking for:



 CALM DOWN CURE 
NAME FEELING:
FRUSTRATED 
HANDS ON HEART 
TAKE 5 DEEP BREATHS 

 I AM CALM 

Felix's cheeks cooled. He felt his body relax and the frustration float away. He stood, dusted himself off, and skipped (carefully!) the rest of the way to school.

