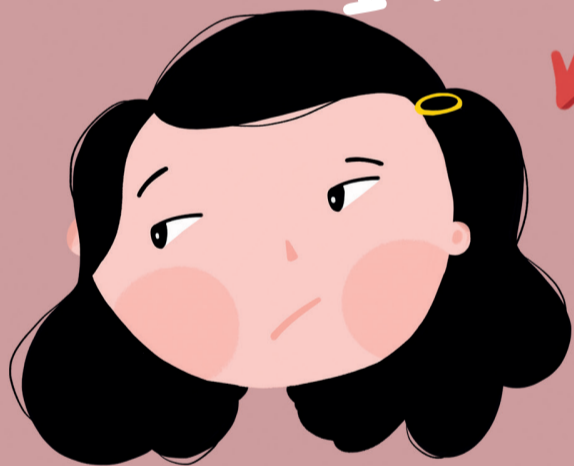




Oscar  
& Zoe's  
tip



WHEN MY STOMACH TURNS,  
I FEEL UPSET OR SCARED



I stop and ask  
an adult for help

