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I can calm myself down



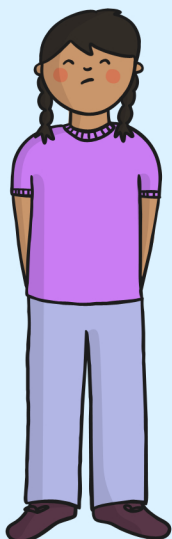
Take a deep breath.



Count to ten.



**Think about what
I am trying to say.**



**Keep hands and
feet to myself.**