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I can calm myself down

1

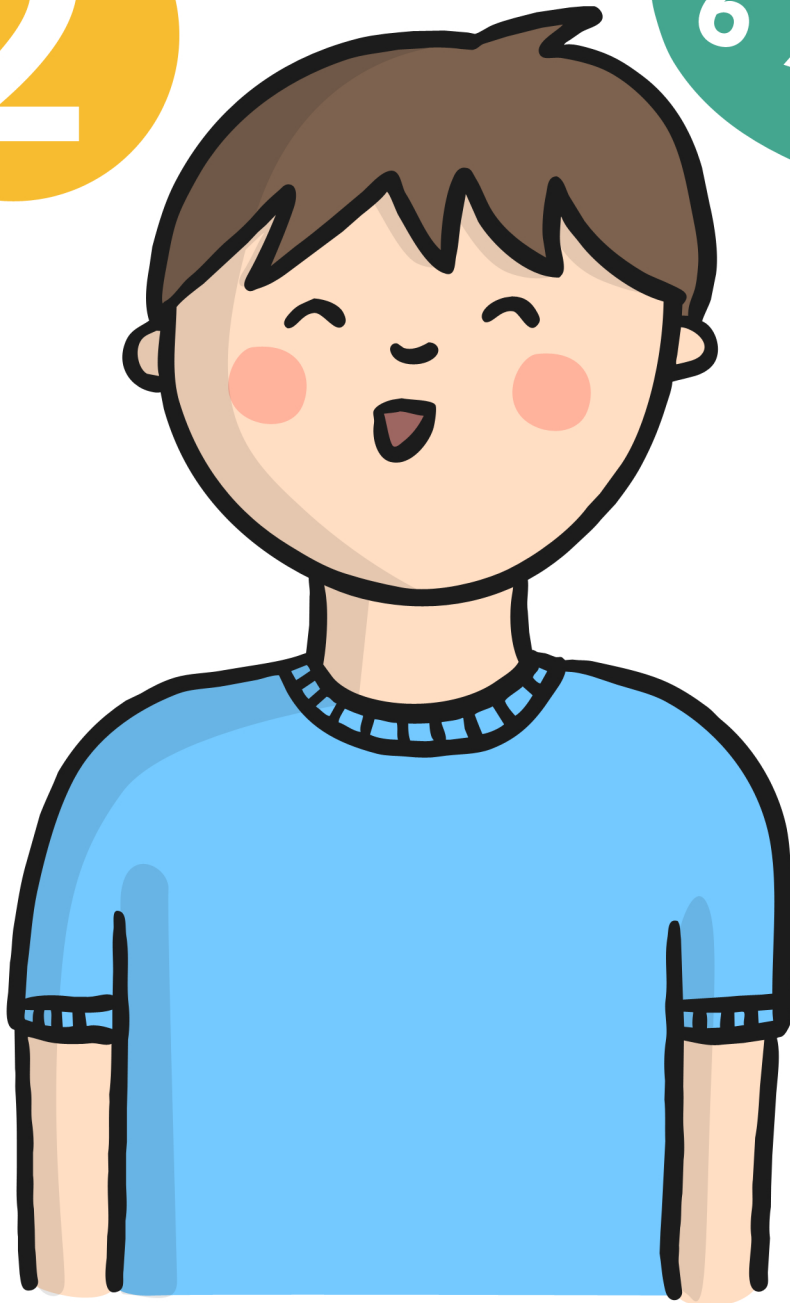


Take a deep breath.

I can calm myself down

2

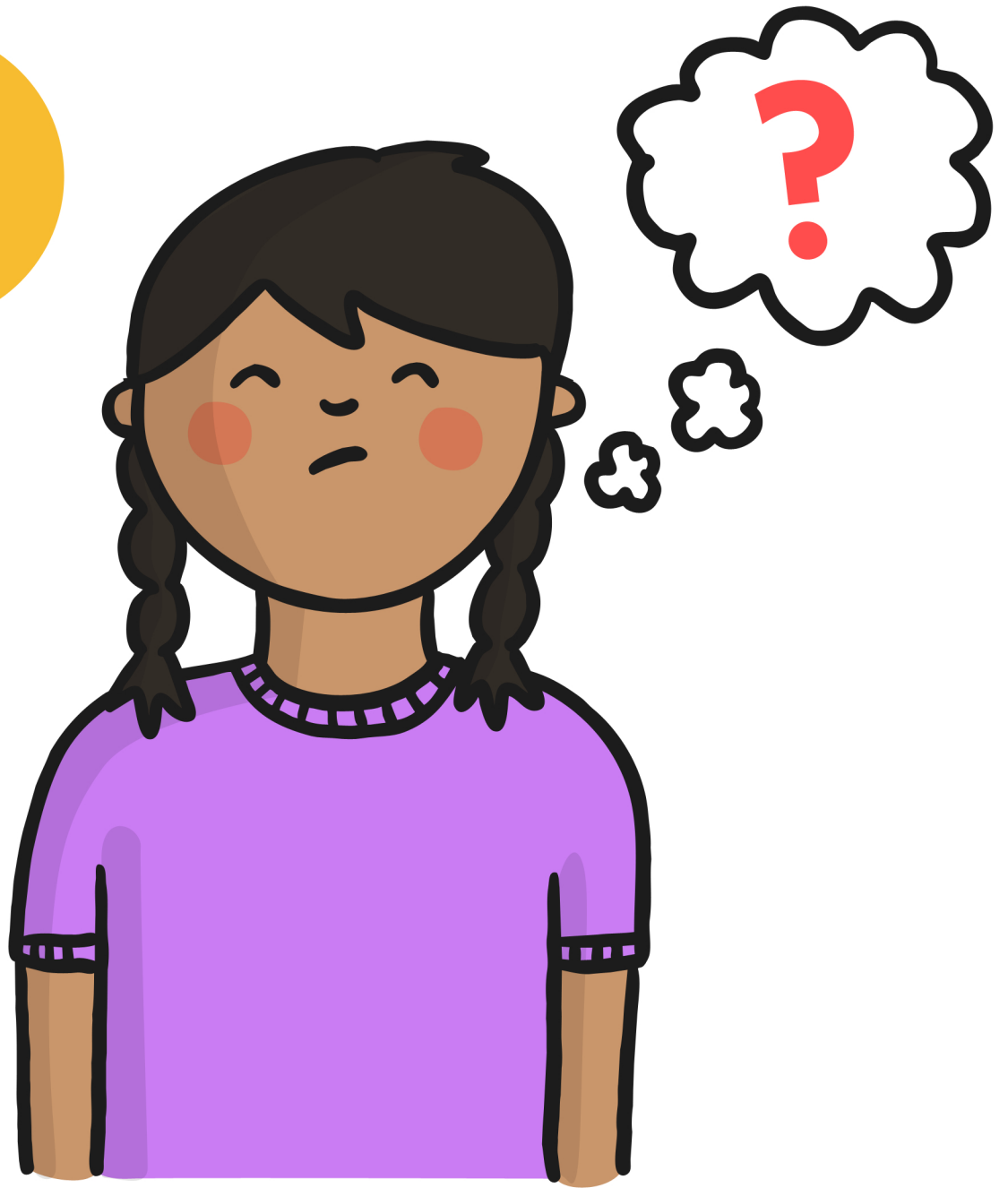
1 2 3 4 5
6 7 8 9 10



Count to ten.

I can calm myself down

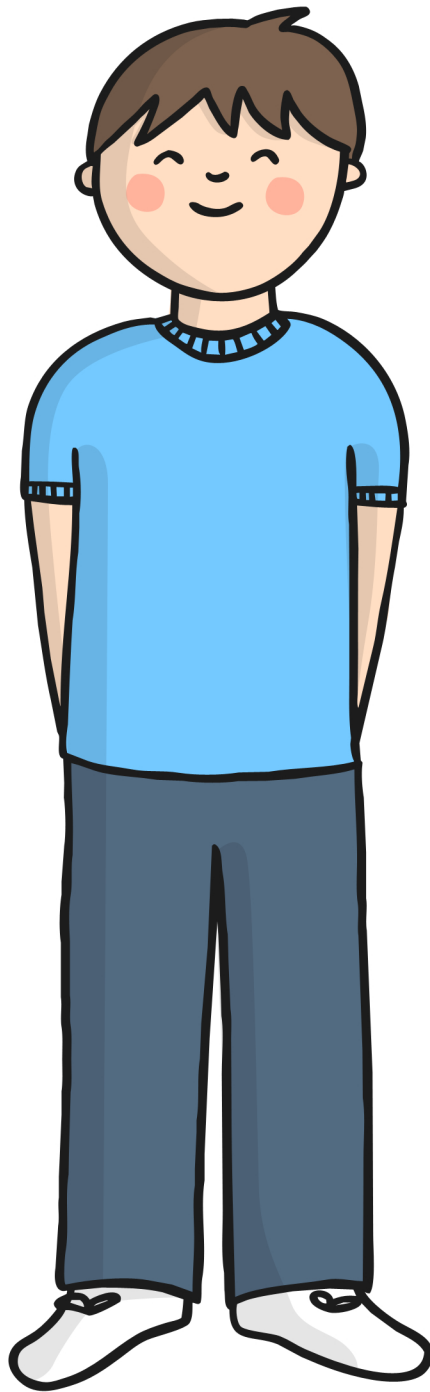
3



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

I can calm myself down

4



Keep hands and feet to myself.