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I can calm myself down

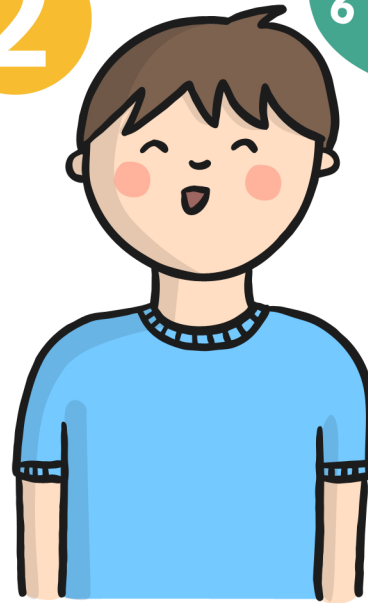
1



Take a deep breath.

I can calm myself down

2



Count to ten.

I can calm myself down

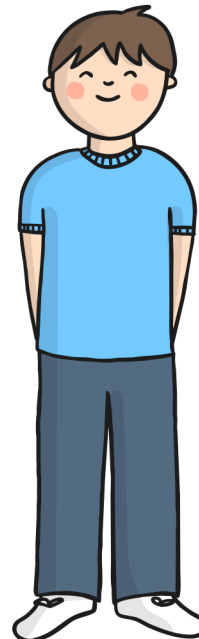
3



Think about what I am trying to say.

I can calm myself down

4



Keep hands and feet to myself.

I can calm myself down

1



Take a deep breath.

I can calm myself down

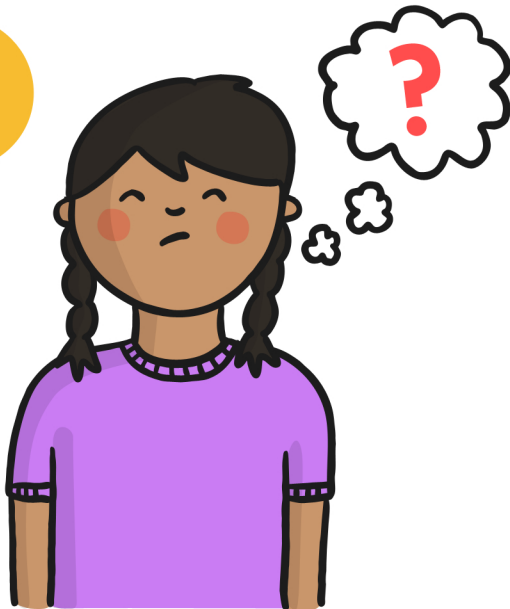
2



Count to ten.

I can calm myself down

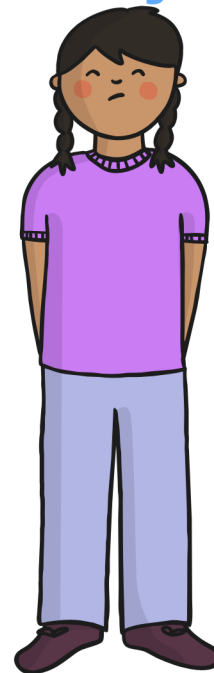
3



Think about what I am trying to say.

I can calm myself down

4



Keep hands and feet to myself.