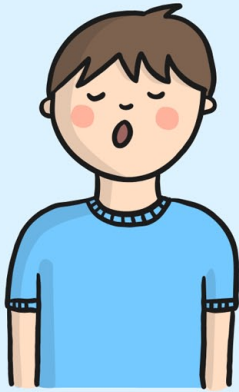
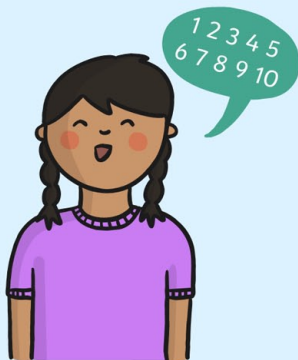


I can calm myself down



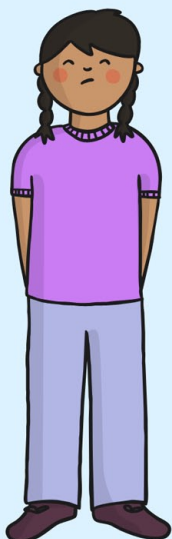
Take a deep breath.



Count to ten.



Think about what I am trying to say.



Keep hands and feet to myself.