

I can calm myself down

1



Take deep breaths.

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I can calm myself down

2

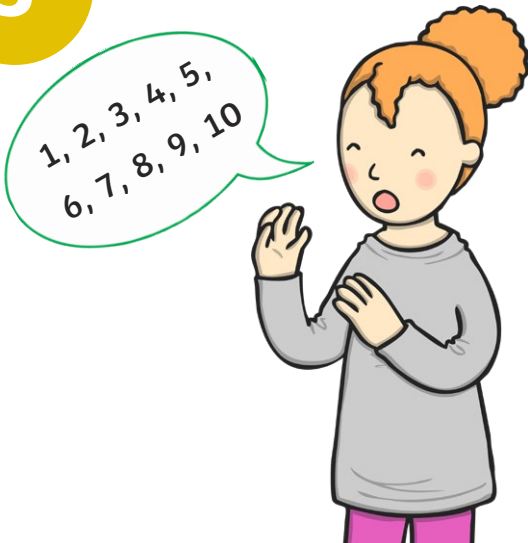


Keep hands and feet to myself.

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I can calm myself down

3



Count to ten.

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I can calm myself down

4



Think about what I am trying to say.

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