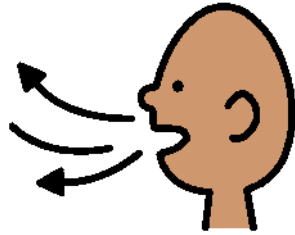
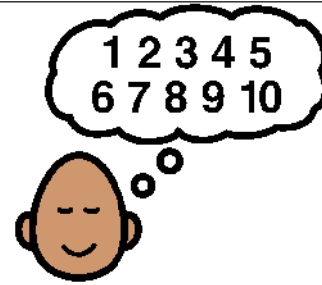




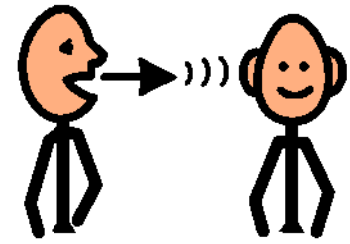
calm down



take deep breathes



count to ten



talk to an adult



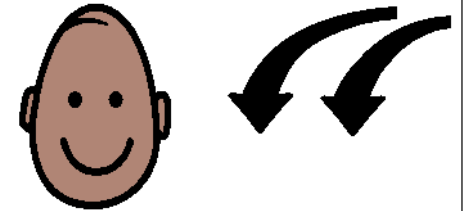
read a book



hands to self



feet to self



happy again