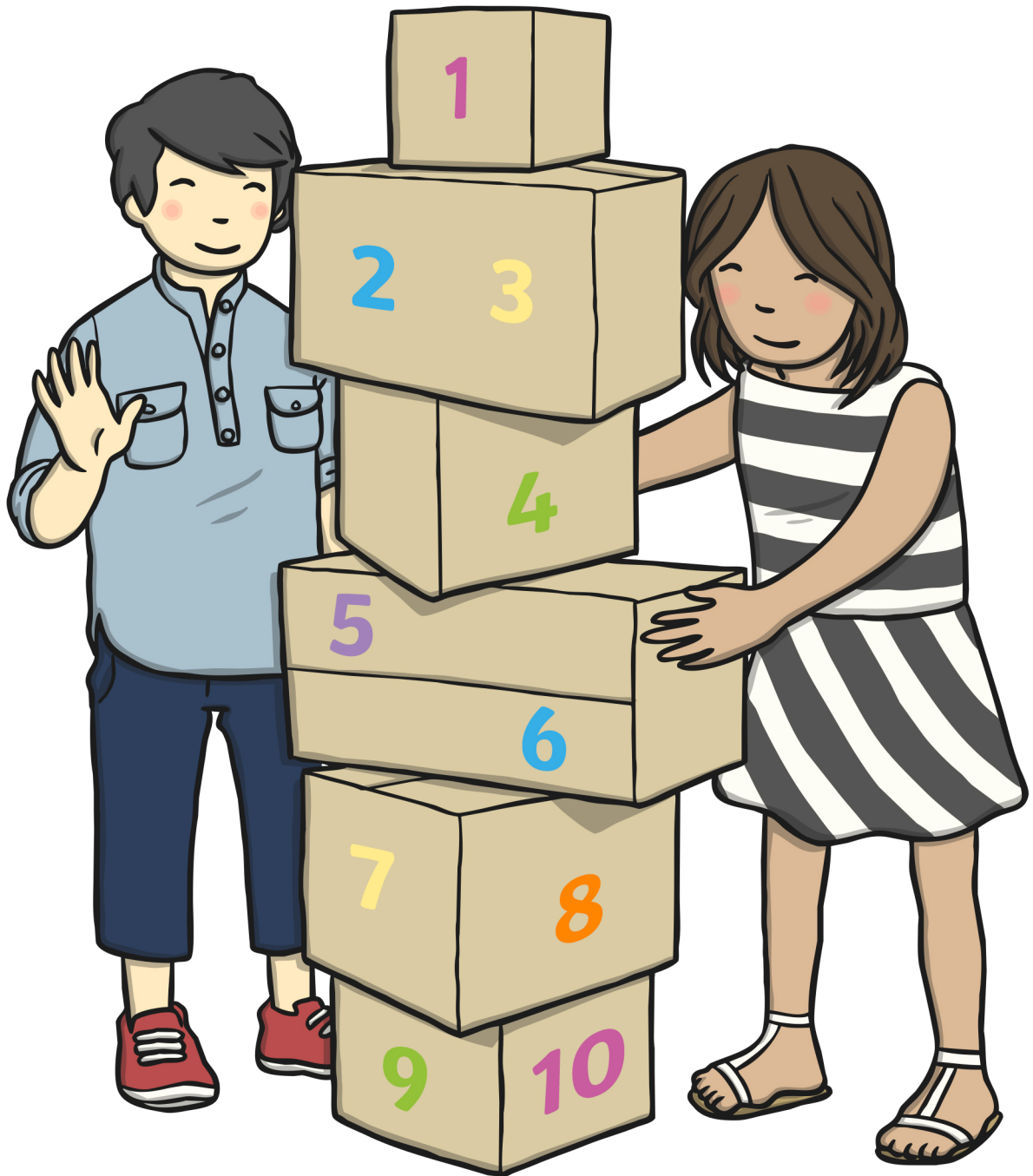


I Can Calm Myself Down

Take a
deep breath.



I Can Calm Myself Down



Count to ten.



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2.

I Can Calm Myself Down

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



I Can Calm Myself Down

Keep my hands
and feet to myself.

