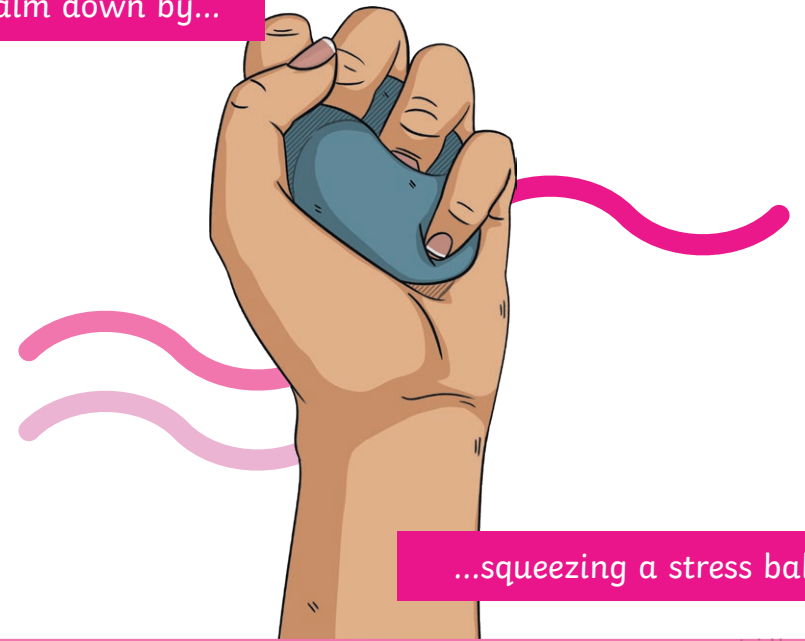


I can calm down by...

1, 2, 3, 4, 5,
6, 7, 8, 9, 10

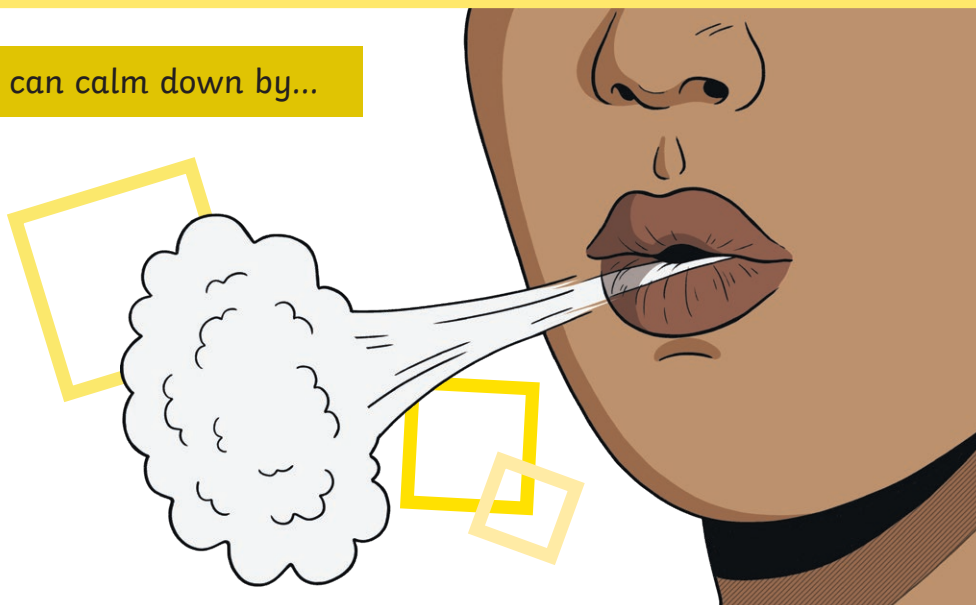
...counting to ten slowly.

I can calm down by...



...squeezing a stress ball.

I can calm down by...



...slowing my breathing down and relaxing my body.

I can calm down by...



...listening to music.