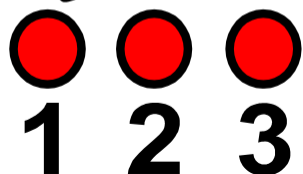
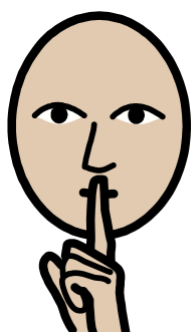


I can calm down by....



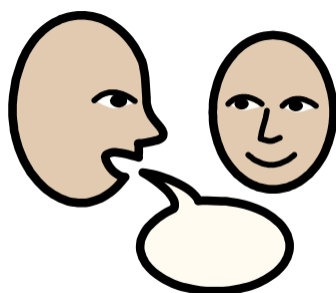
Counting to 10 slowly



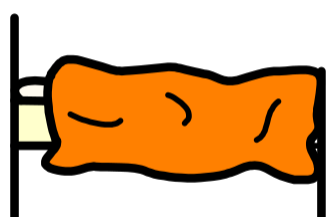
Going somewhere
quiet



Listening to some
nice music



Talking about my
worries with an adult



Wrapping myself up
in a blanket or a quilt