**Take 3 Deep breaths Say “Calm Down” 5 Times**

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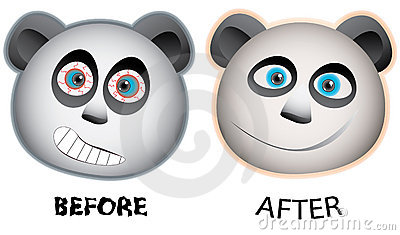
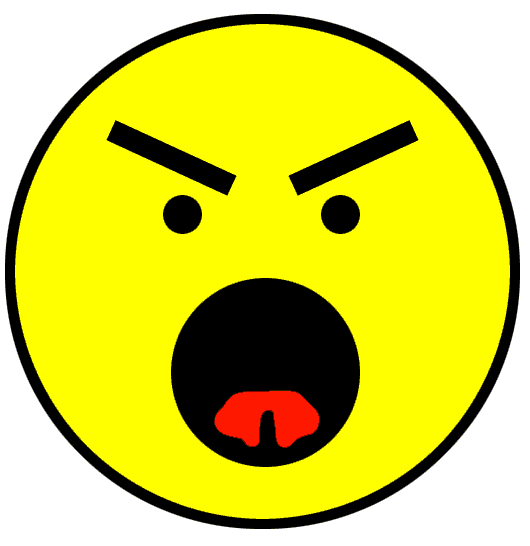


**Count to 20 slowly Flex your muscles—**

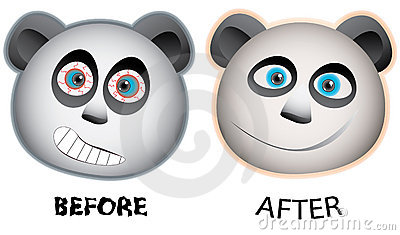
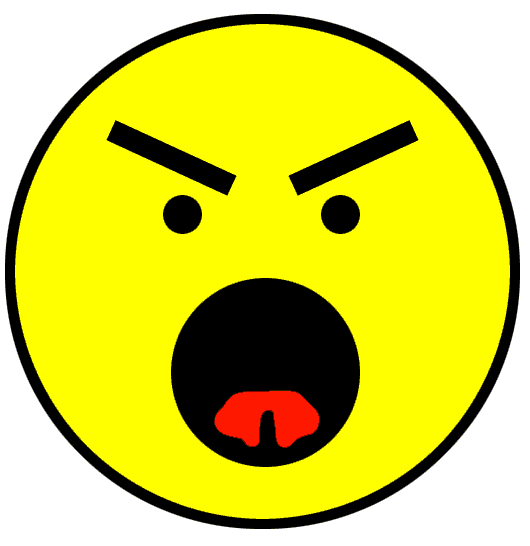
**Now Relax. Do this 3 times.**

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**Move to a place to calm down Walk away if sad or mad**



I NEED TO CALM DOWN!!! I DID IT! HOORAY!



I NEED TO CALM DOWN!!! I DID IT! HOORAY!