

Calm Down



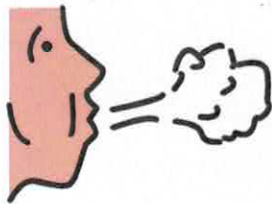
Sit on chair



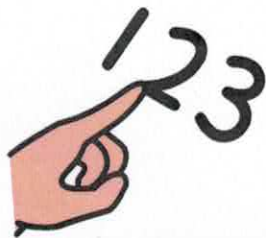
Feet on floor



Fold hands



Take 3 deep breaths



Count to 10



Good work