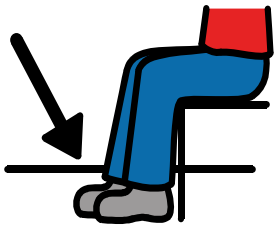
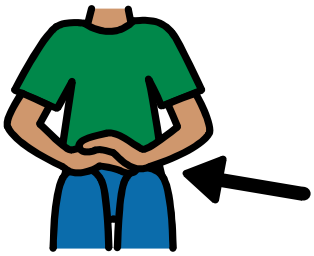
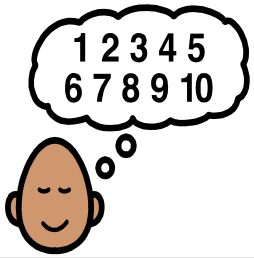
# Calm Down

| | |
|---|---|
| | Sit on chair |
|  | Feet on floor |
|  | Fold hands |
| | Take 3 deep breaths |
|  | Count to 10 |
| | Good work |