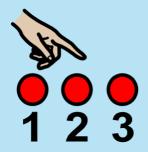
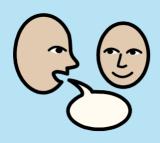
I can calm down by...



Counting slowly up to 10



Reading a book



Talking to a friend or adult



Colouring a picture



Playing with a quiet toy or game