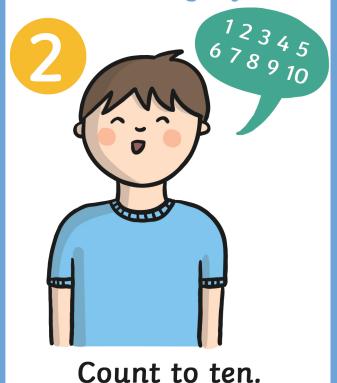
I can calm myself down



Take a deep breath.

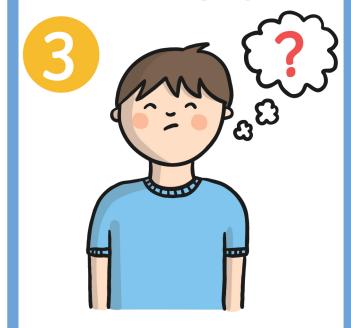
I can calm myself down



twinkl.com

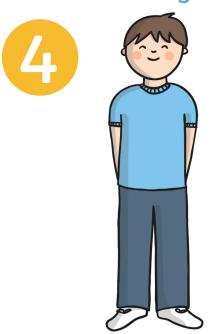
twinkl.com

I can calm myself down



Think about what I am trying to say.

I can calm myself down



Keep hands and feet to myself.

twinkl.com

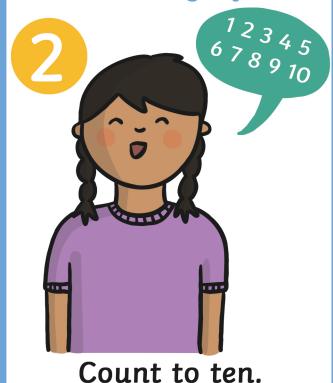
twinkl.com

I can calm myself down



Take a deep breath.

I can calm myself down



twinkl.com

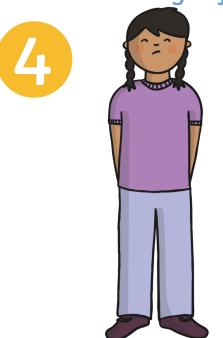
twinkl.com

I can calm myself down



Think about what I am trying to say.

I can calm myself down



Keep hands and feet to myself.

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