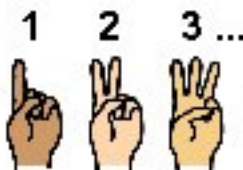


My Calm Down Card



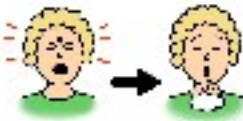
Think



Count to 10



Breathe



Calm down



Take a break