



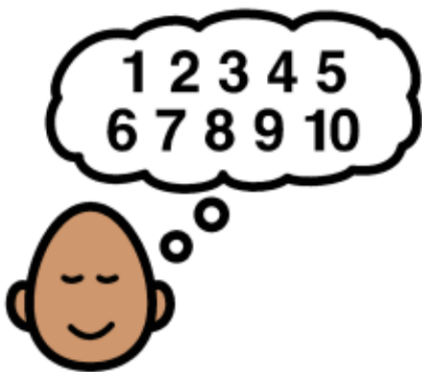
take deep breath



hug pillow



tuck like Tucker Turtle



count to ten



calm down glitter bottles



sing a quiet song