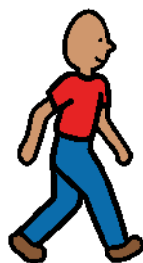


I will try to stay calm. I will

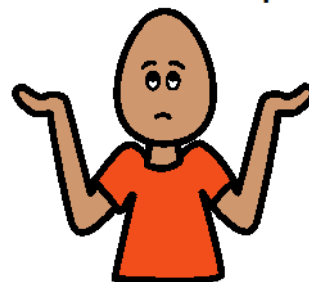
raise my hand



take a walk



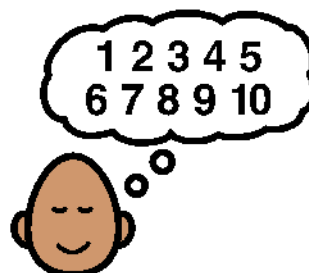
ask for help



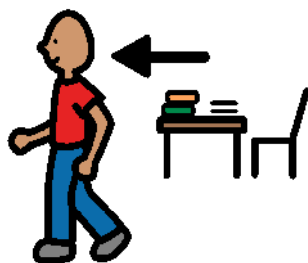
listen to calm music



count to ten



take a break



take a deep breath



other choice