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|  Read a BookC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MM900283665[1].gif |  | Breathe Deeply |
|  |  |  |
| Count SlowlyC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900446248[1].wmf |  | Hum a SongC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JHDAT5N3\MC900441798[1].png |
|  |  |  |
| Go To a Quiet PlaceC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UB1EOWEI\MC900339166[1].wmf |  | Wrap Yourself in a BlanketC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900290945[1].wmf |
| Listen to MusicC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JSWS9J3N\MC900446384[1].wmf |  | Drink WaterC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900383814[1].wmf |
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| Whisper the AlphabetC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UB1EOWEI\MC900384282[1].wmf |  | Ask for a HugC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900338082[1].wmf |
|  |  |  |
| Relax Your FaceC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JSWS9J3N\MC900440682[1].png |  | Put Your Feelings in A BucketC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900290031[1].wmf |
| Draw a PictureC:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JHDAT5N3\MC900013073[1].wmf |  |  |