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| Read a Book  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MM900283665[1].gif |  | Breathe Deeply |
|  |  |  |
| Count Slowly  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900446248[1].wmf |  | Hum a Song  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JHDAT5N3\MC900441798[1].png |
|  |  |  |
| Go To a Quiet Place  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UB1EOWEI\MC900339166[1].wmf |  | Wrap Yourself in a Blanket  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900290945[1].wmf |
| Listen to Music  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JSWS9J3N\MC900446384[1].wmf |  | Drink Water  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900383814[1].wmf |
|  |  |  |
| Whisper the Alphabet  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\UB1EOWEI\MC900384282[1].wmf |  | Ask for a Hug  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900338082[1].wmf |
|  |  |  |
| Relax Your Face  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JSWS9J3N\MC900440682[1].png |  | Put Your Feelings in A Bucket  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\2UPWQJ3R\MC900290031[1].wmf |
| Draw a Picture  C:\Users\elevesque\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\JHDAT5N3\MC900013073[1].wmf |  |  |