I don't know



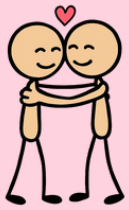
I need a break



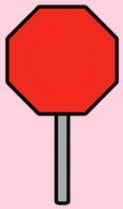
I need quiet



I need a hug



please stop



deep breath



sad



tired



bored



sick



happy



focused



calm



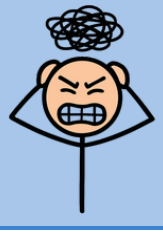
proud



excited



frustrated



silly



worried



feel better



terrified



overly excited



angry



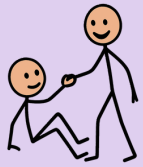
panicked



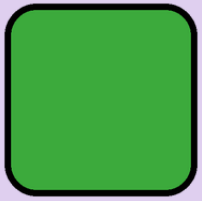
blue zone



help



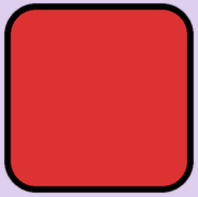
green zone



yellow zone



red zone



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