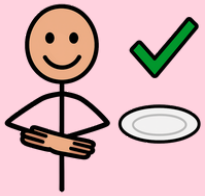
need a break



no



all done



jump



push



deep breath



swing



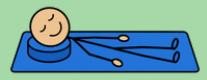
spin



squeeze



lie down



rocking



stretch



walk



calm down



too loud



too bright



quiet



too much



headphones



fidget



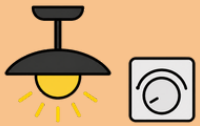
sunglasses



water



dim lights



music



blanket



chewy



my space



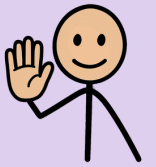
more



help



stop



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