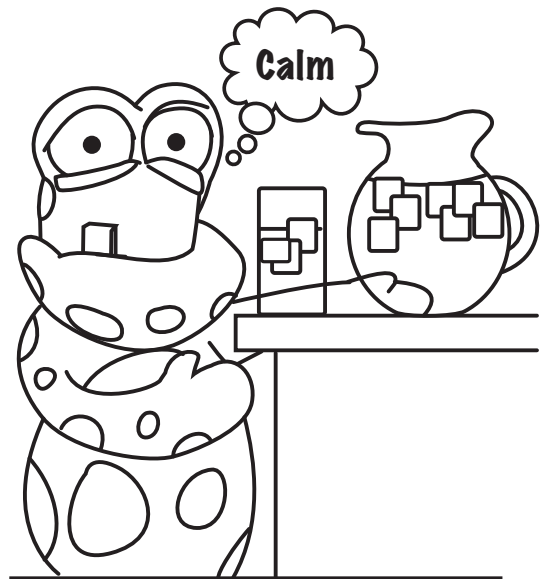




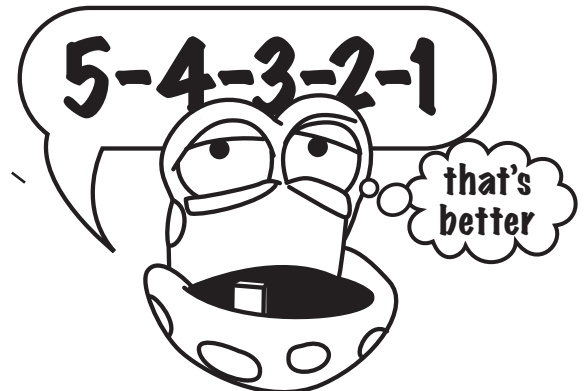
**Neek is Freaking Out.
He is yelling, "No, no, no!"
and is stomping his feet.**



Get a drink of water



**Take a break and do
a favorite activity**



**Take five deep
breaths to Calm down**