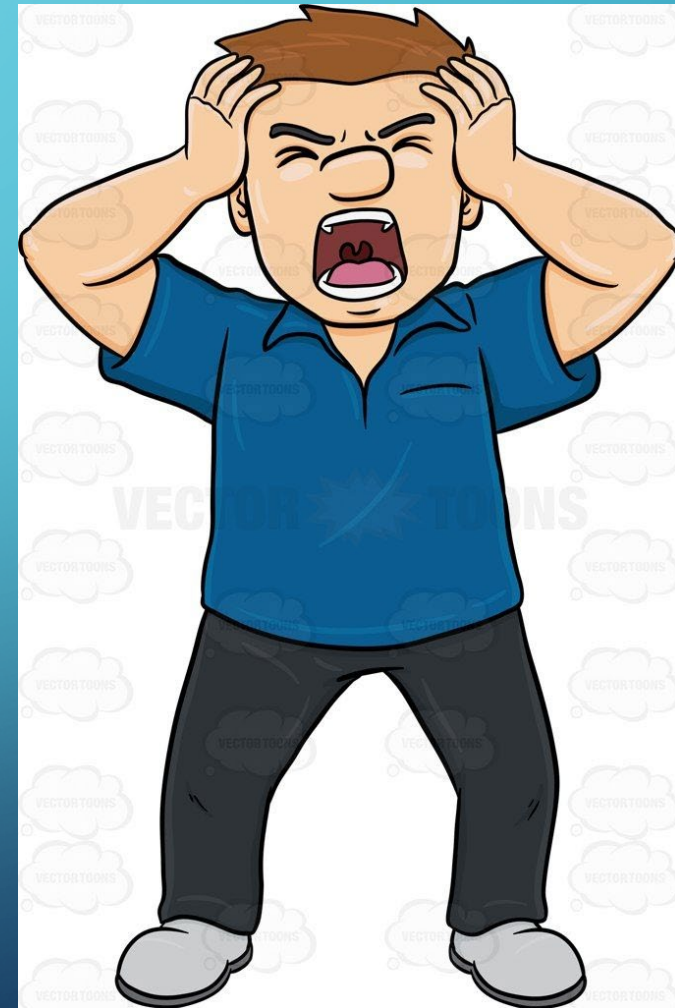




CALMING DOWN

A STORY FOR ***

EVERYONE GETS ANGRY, FRUSTRATED, AND UPSET SOMETIMES



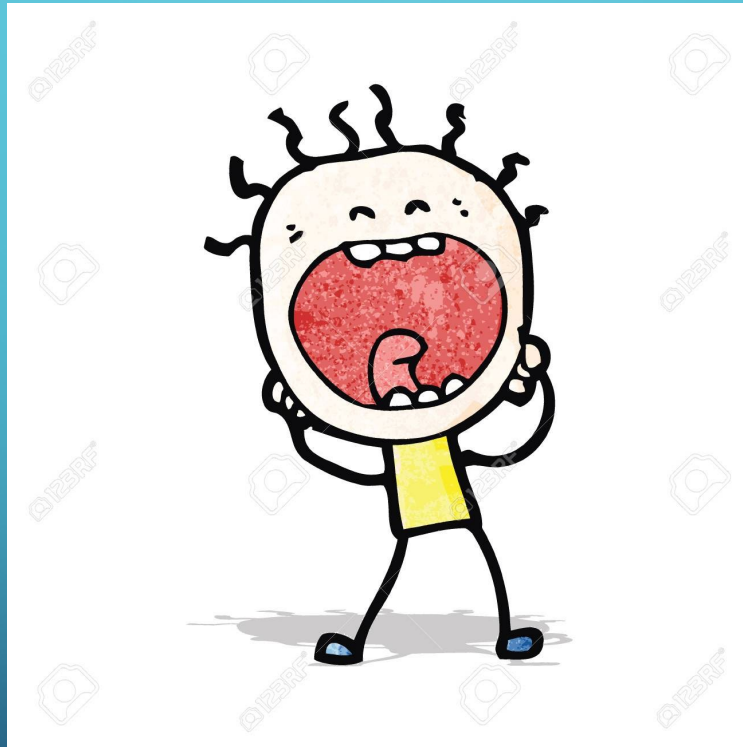
WHEN WE ARE ANGRY, FRUSTRATED, OR UPSET WE
NEED TO CALM OUR BODY DOWN



I SHOULD NOT HIT, SCRATCH, AND THROW THINGS WHEN I AM MAD



I DO NOT NEED TO YELL WHEN I AM MAD



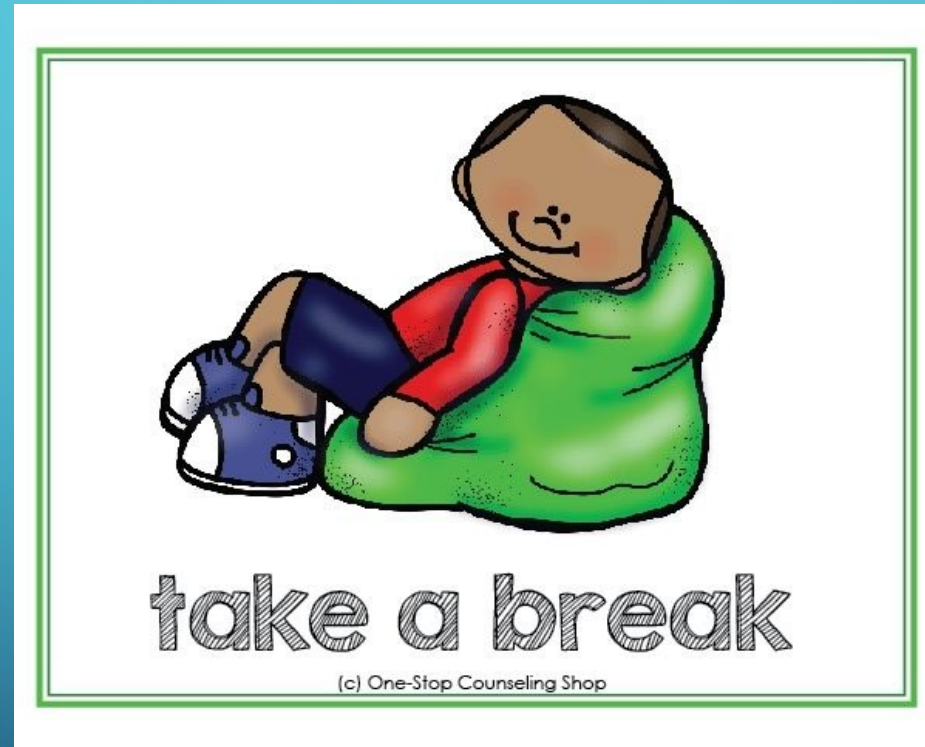
I CAN ASK FOR A HUG TO CALM DOWN



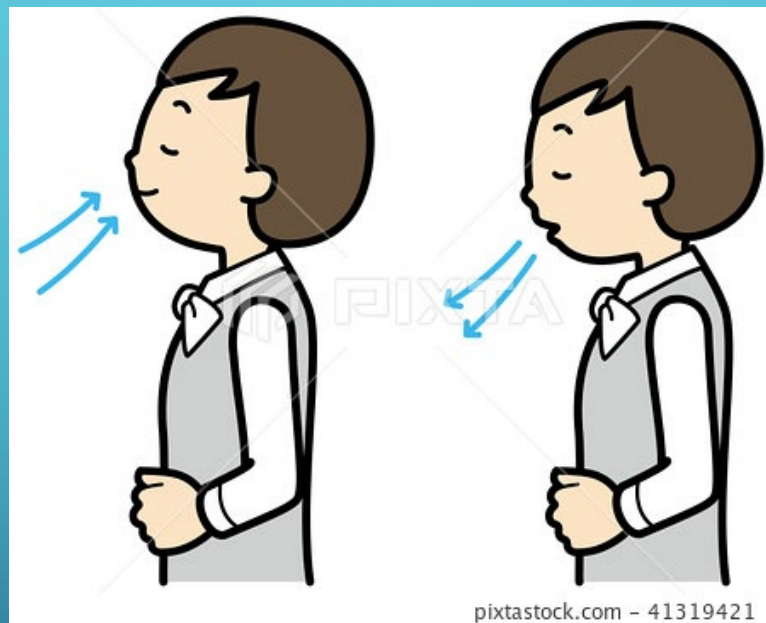
I CAN MOVE MY BODY TO CALM DOWN



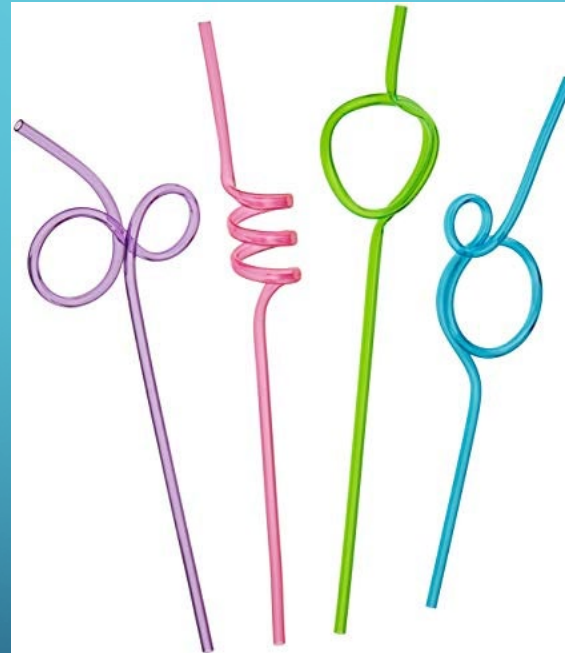
I CAN ASK FOR AND TAKE A BREAK TO HELP MY BODY CALM DOWN



I CAN TAKE DEEP BREATHES TO CALM DOWN



I CAN SIP MY WATER OR CHEW GUM TO CALM DOWN



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I CAN USE A FIDGET TO HELP ME CALM DOWN



I CAN USE MY FAVORITE TOYS TO CALM DOWN



I CAN HIT A PILLOW OR SOMETHING APPROPRIATE



I CAN USE MY BLANKETS TO HELP ME CALM DOWN



Lay sad person
in blanket



Roll them like
a sushi



WHEN I AM CALM, I CAN ASK FOR HELP TO FINISH THE
ACTIVITY THAT MADE ME FRUSTRATED/ANGRY/UPSET.



IT IS OK TO BE ANGRY, FRUSTRATED, AND UPSET, BUT ***
CAN USE APPROPRIATE STRATEGIES TO CALM HIS BODY
DOWN!

