

HOW TO CALM MY BODY



Sometimes I get mad or sad.
Everybody feels this way
from time to time!

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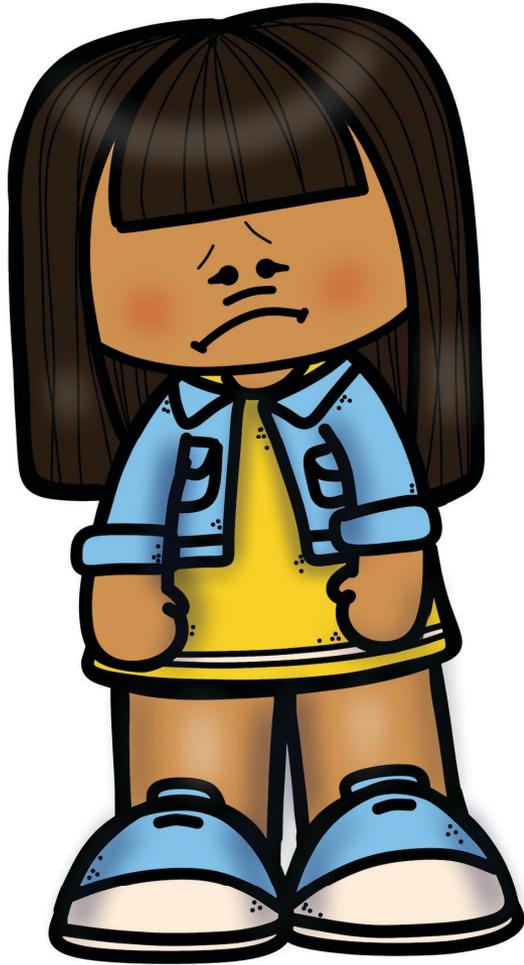


Sometimes I feel happy and other times I feel frustrated or mad. This is normal!

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Sometimes when children are very mad they might hit, kick, pinch, bite or push.



If I do these things it will hurt someone else and they will feel sad. This is not okay.



There are some ways I can calm down when I am mad or frustrated.



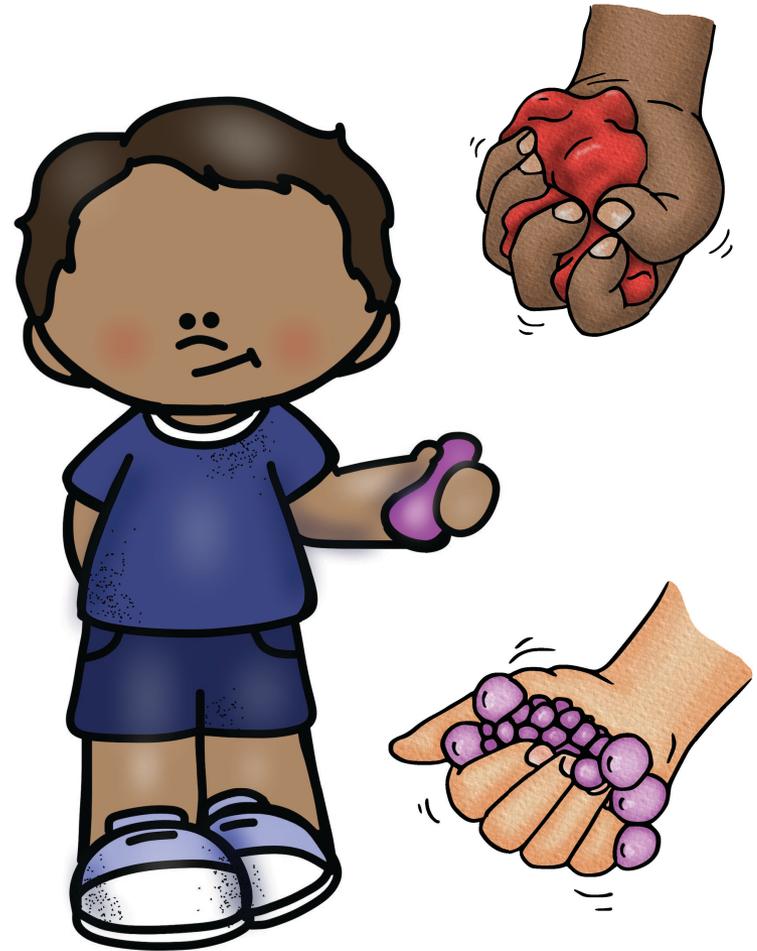
I can take deep 5 breaths.



I can ask to go for a walk.



I can find a quiet place
to take a break.



I can squeeze a fidget toy.



I can ask for a hug if that
will help me feel better.



I can also read a book or
listen to some music.



I can look at my book to decide which choice might help me calm down.



My family and teachers will be so proud of me when I pick something to help calm my body.

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Thank You!

♥ tara TUCHEL

Speech/Language Pathologist