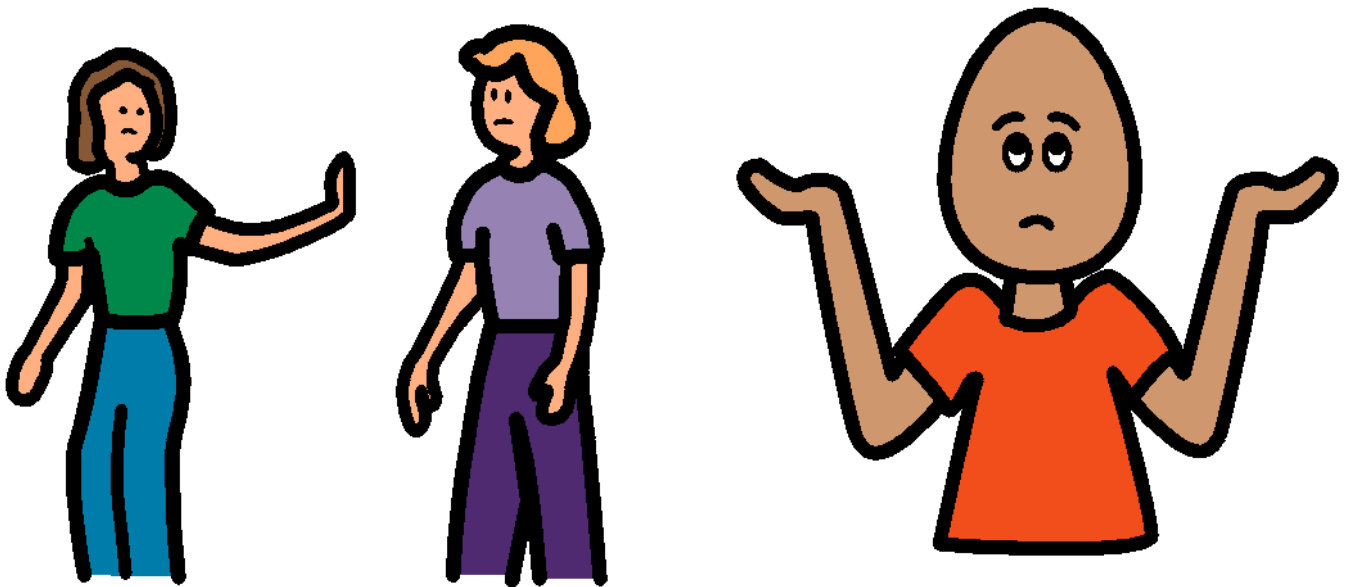




Sometimes I feel upset.



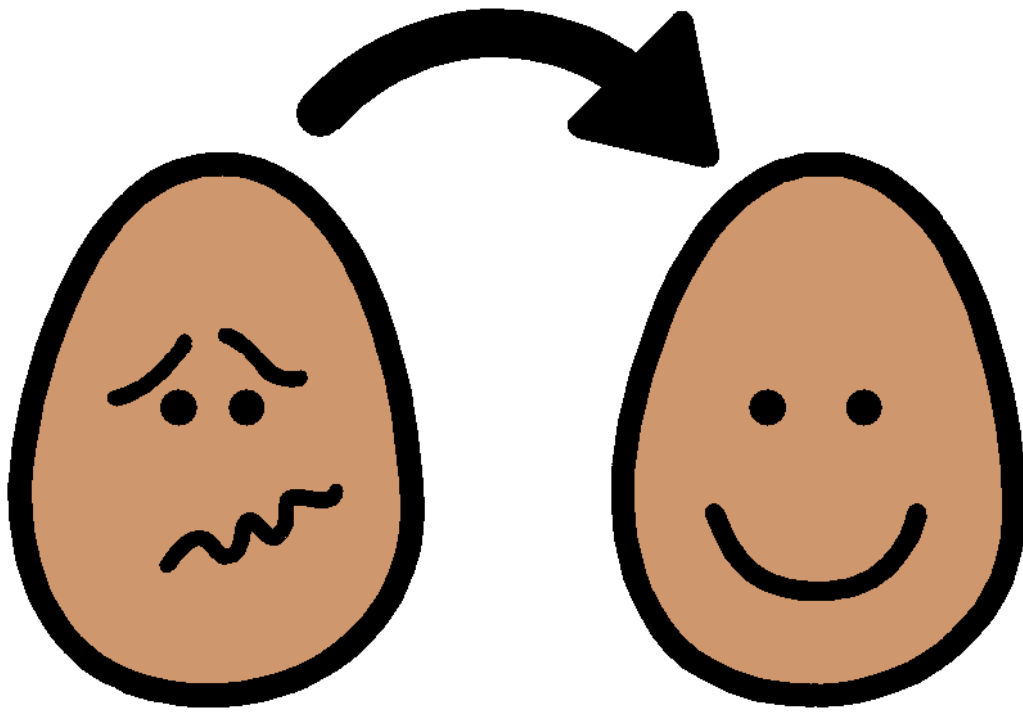
I feel upset when my friends won't play with me, or when I don't understand what to do.



Sometimes I feel upset.

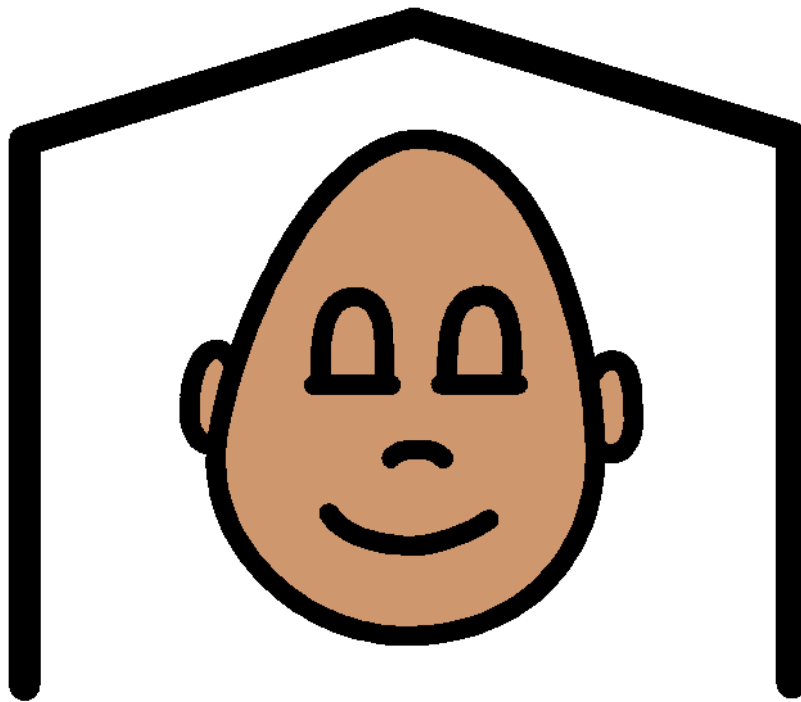


When I feel upset, my body gets all tight and I feel out of control.



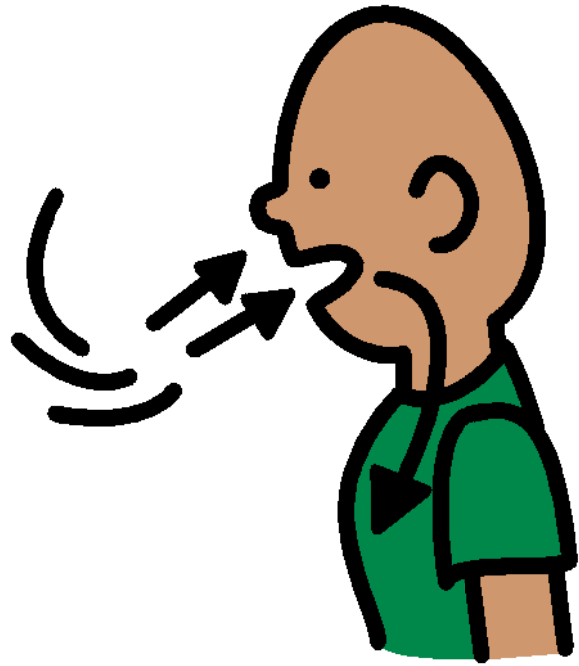
When I feel upset, there are things I can do to make myself feel better.

5

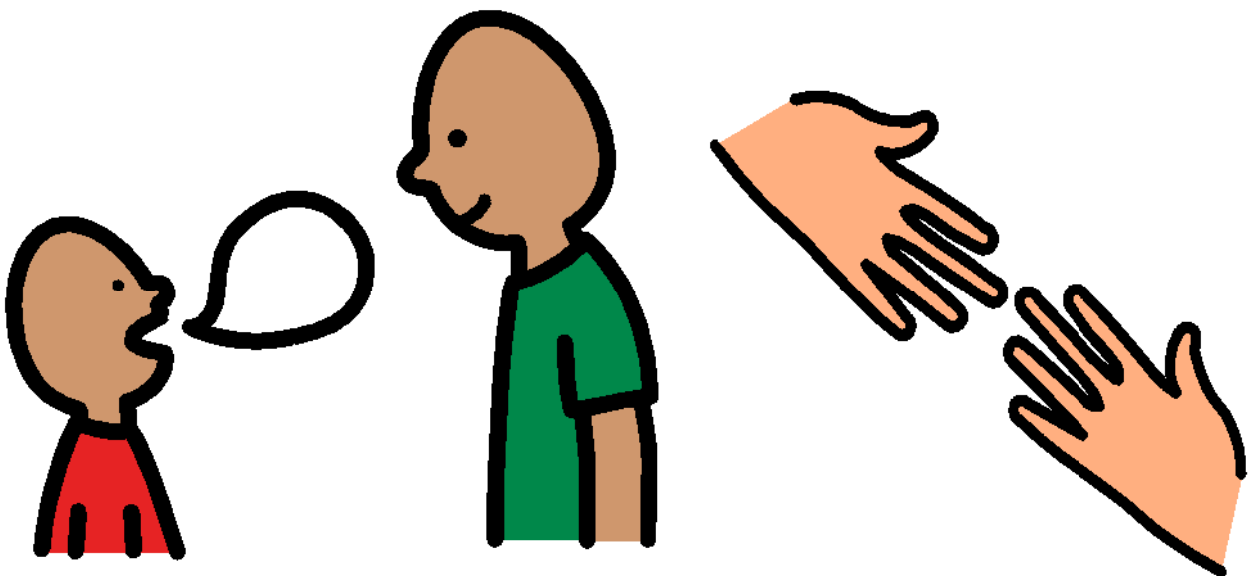


I can go to my quiet place and have some quiet time until I feel better.

7



I can stop and take a deep breath.



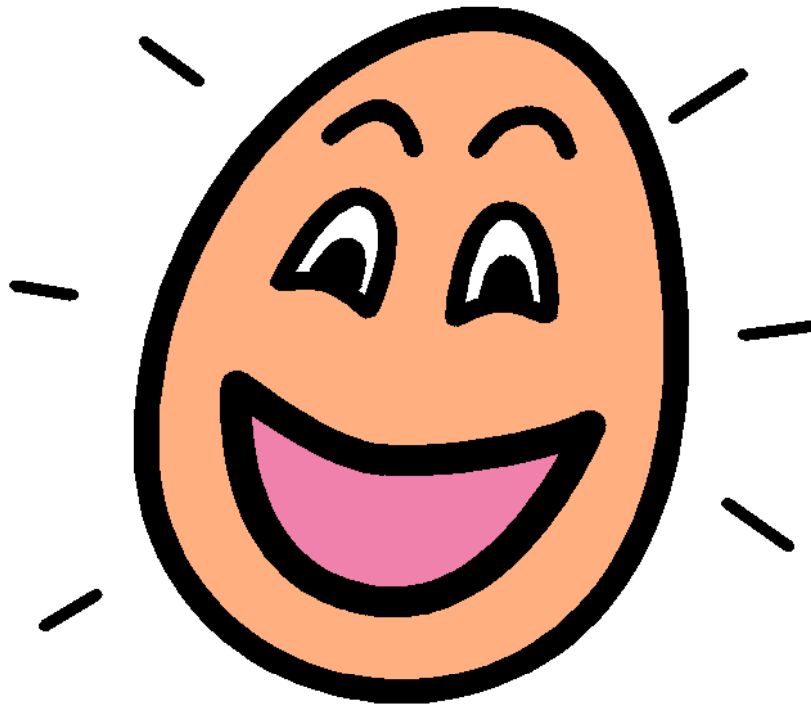
I can ask my teacher for help.



It is not good to hit or kick or scream  
when I am upset.



It's great to have quiet time and use my  
words when I am feeling upset.



When I feel better, I can play and be happy again.