

# HOW TO calm my body



1



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



2

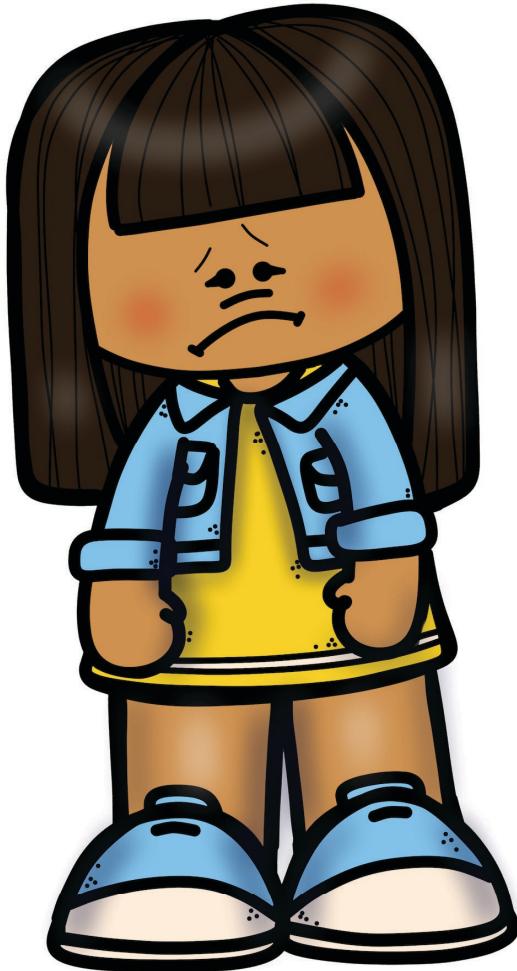


3



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

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.

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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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 tara **TUCHEL**  
Speech/Language Pathologist

Thank  
You!