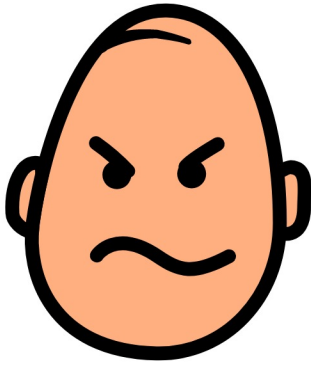
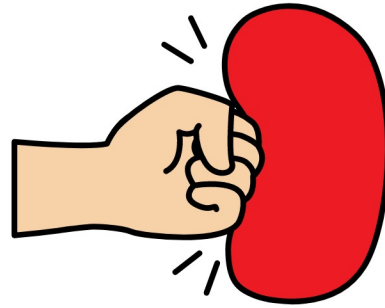


# Using My Words



mad

Sometimes I feel mad or upset.



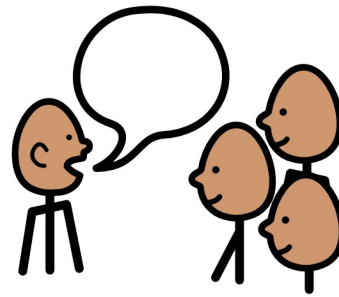
hit

When I am mad, my body feels hot and I want to hit.



hurt

Hitting hurts people and is not okay.



word

Instead, I can use my words.



stop

I can say "I'm mad.", "stop", or "I need a break."

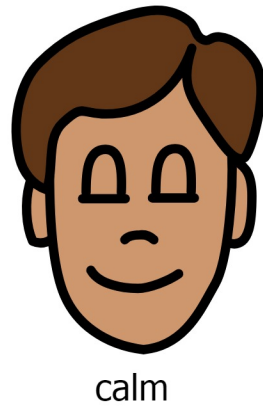


help

I can also ask an adult for help.

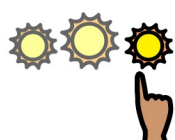


When I use my words, people understand me.



Using words helps me to calm down and feel better.

# Going on a Field Trip with General Education



tomorrow



is



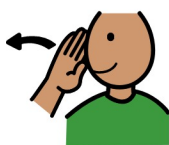
our



field trip



I



will



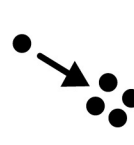
ride



the



bus



with



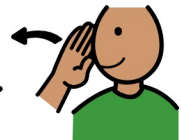
my



friends



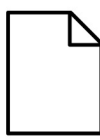
there



will



be



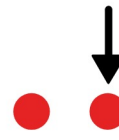
new



friends



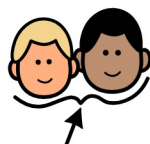
from



another



class



we



can



sit



talk



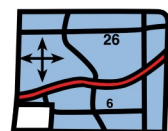
and



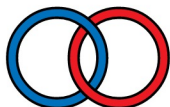
share



the



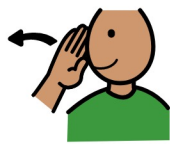
trip



together



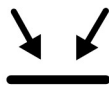
I



will



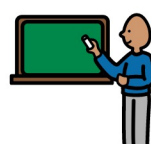
listen



to



my



teacher



and



stay



with



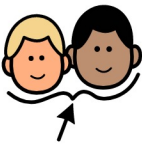
my



group



when



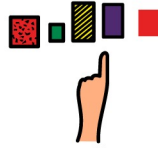
we



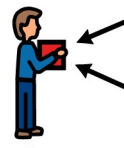
walk



I



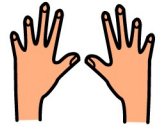
will



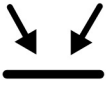
keep



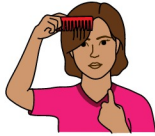
my



hands



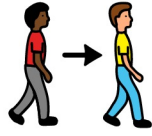
to



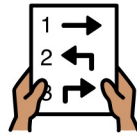
myself



and



follow



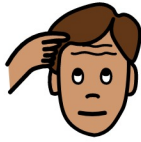
directions



if



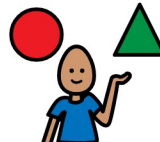
I



feel



excited



or



nervous



I



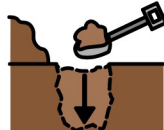
can



take



a



deep



breath



field trip



are



fun



I



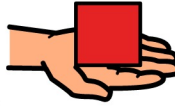
can



learn



and



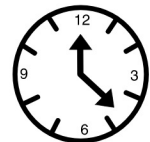
have



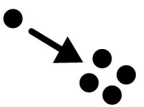
a



good



time



with

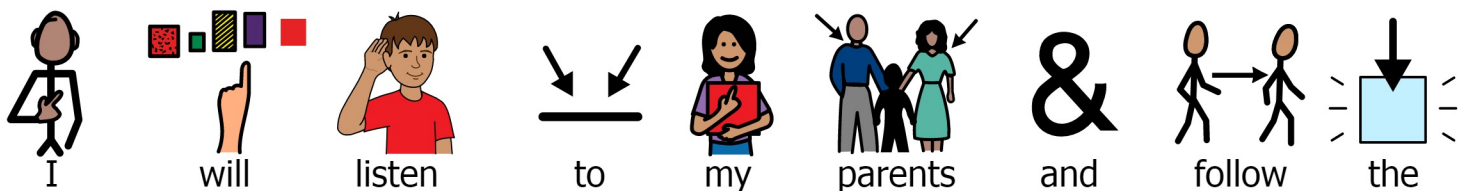
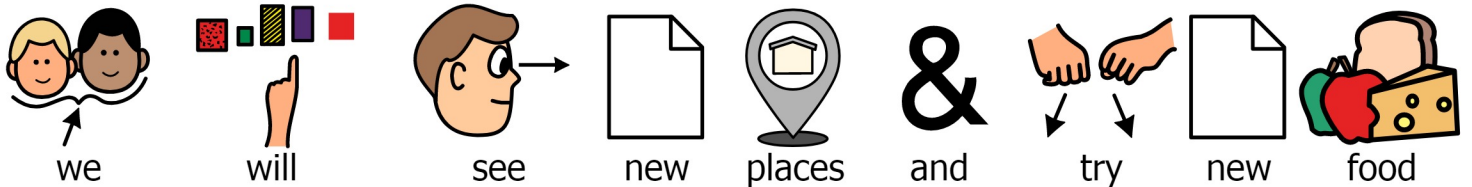
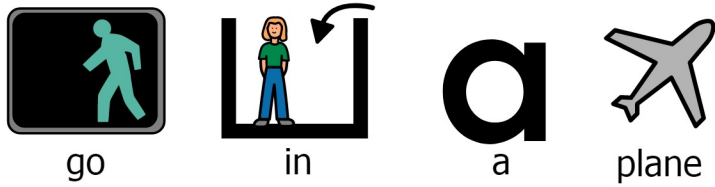
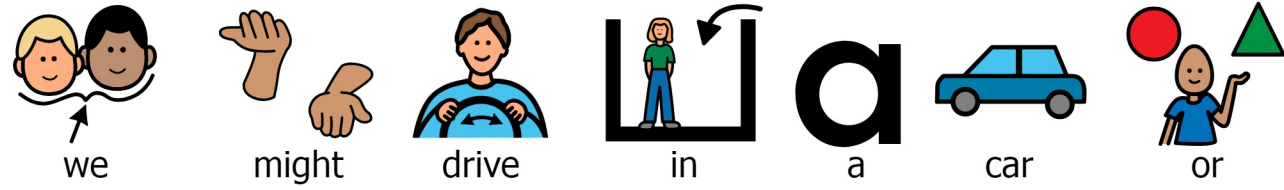


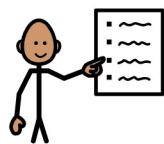
my



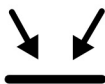
friends

# Going on Vacation with Family





rules



to



be



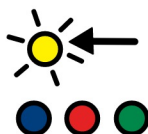
safe



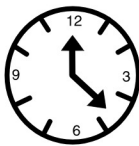
vacation



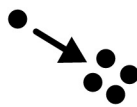
is



special



time



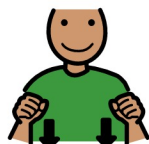
with



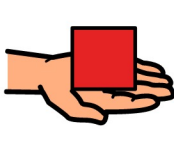
family



I



can



have



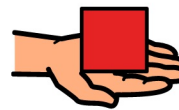
fun



relax



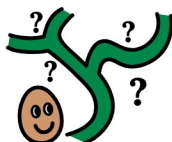
and



have

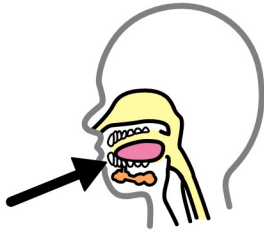


new



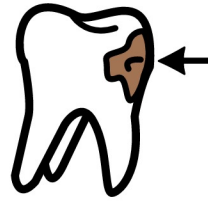
adventure

# Keeping My Teeth Clean



teeth

After I eat, food can stay on my teeth.



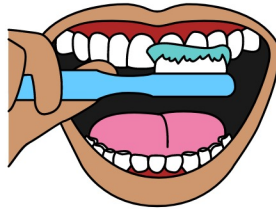
tooth decay

If I don't brush, my teeth can get dirty and hurt.

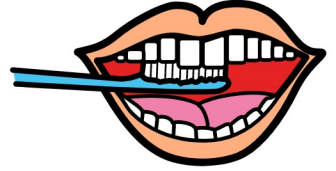


teeth

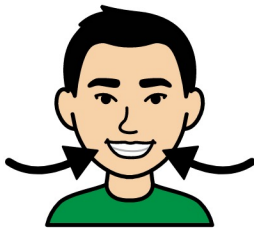
Brushing my teeth keeps them clean and healthy.



I brush front of teeth



I brush back of teeth



smile

Then I rinse my mouth and smile.



smile

Brushing my teeth helps me have a clean, happy mouth everyday.



# When It's Loud, I Can Use Headphones



loud

Sometimes the classroom or cafeteria is very loud.



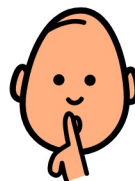
upset

Loud sounds can make me feel upset or cover my ears.



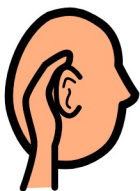
headphones

When it's too loud, I can ask for headphones.



quiet

Headphones help make sounds more quiet.



listen

I can still listen to my teacher and stay calm.



happy

I can keep headphones on or take them off when I am ready.



student with headphones on

Using headphones helps me stay calm, comfortable, and ready to learn.