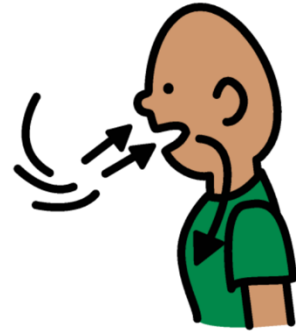


# Calming Down At School

A Social Story



I go to school every day.  
At school, I learn, work, and play.



At school, sometimes my teachers ask me to do something that I don't want to do.



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Sometimes my work can be too hard.



Sometimes I have to clean up when I don't want to.



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Sometimes I have to wait.

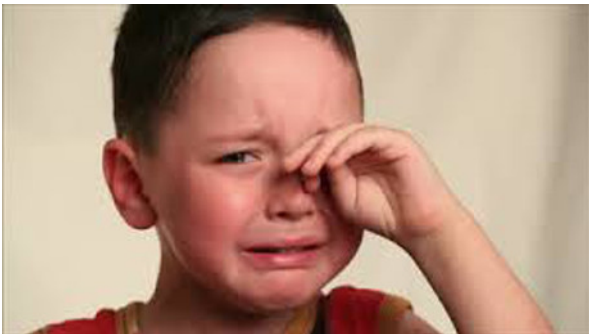


Work that's too hard, cleaning up when I don't want to, and waiting can make me angry or sad..



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When I'm sad, I don't need to cry.  
I can help myself calm down.

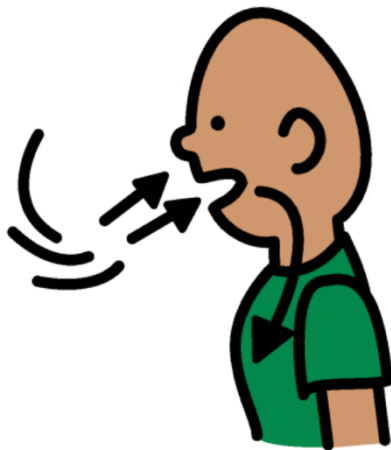




I can squeeze my hands to calm down.

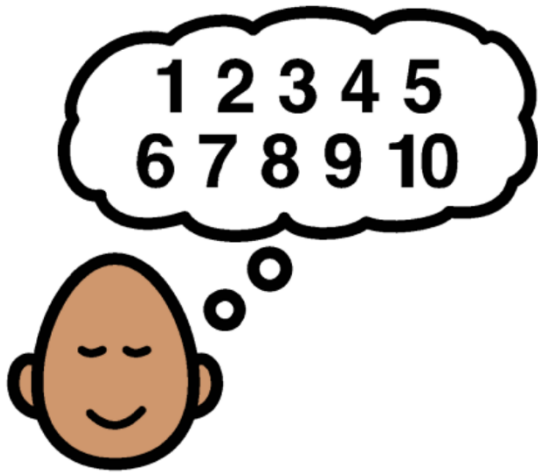


I can take 3 deep breaths to calm down.



3

I can count to 10 to calm down.



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If I'm really sad or mad, I can go to the break corner to take a break.



When I'm mad or sad, I can help myself  
calm down.



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Squeezing my hands, taking deep breaths,  
and counting to 10 can help me calm down  
and make a good choice!

