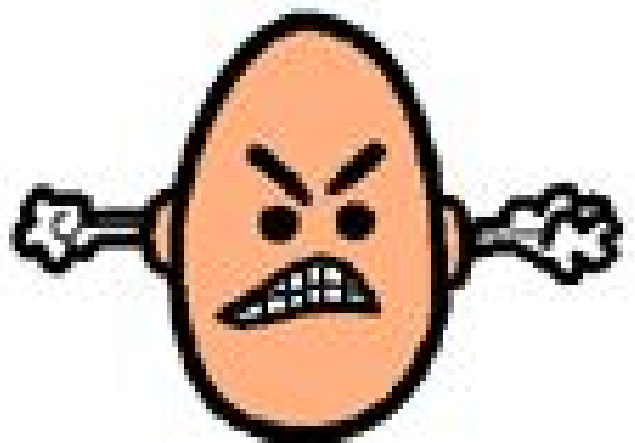


When I am Tense or Angry.



What can I do when I am tense or angry?



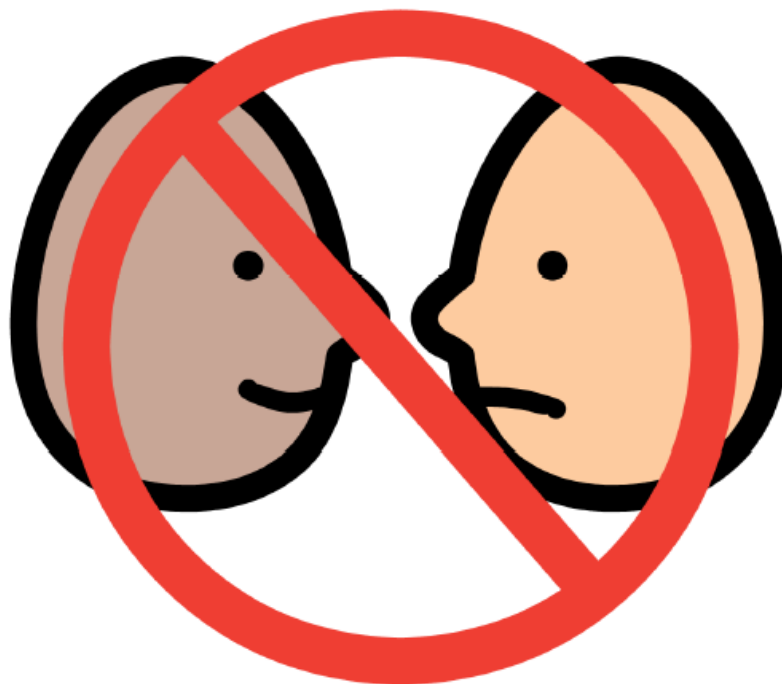
My heart beats fast and I cant think clearly



It's hard, but I have to make a choice.



BAD choices get me in trouble.
They do not help me.



Getting too close:
BAD CHOICE! It will not help me.



Shouting at people:
BAD CHOICE! It will not help me.



Breaking or throwing stuff:
BAD CHOICE! It will not help me.



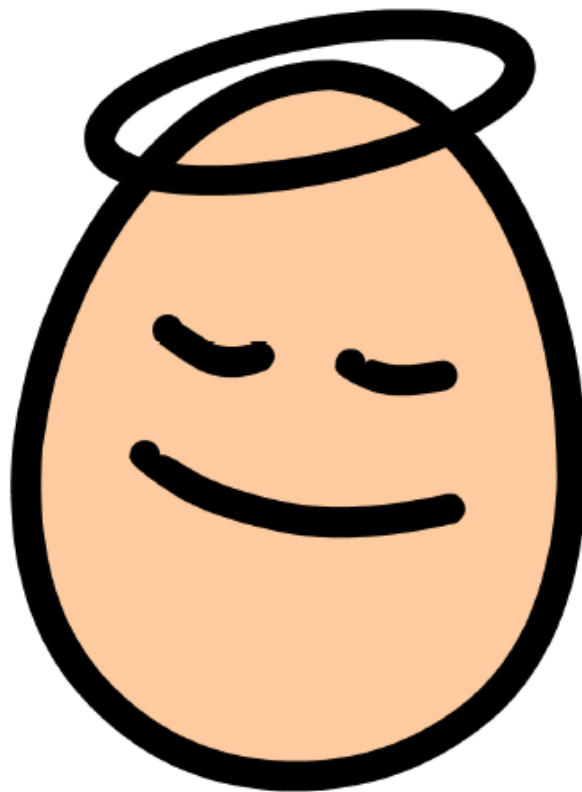
Banging my head or hurting myself:
BAD CHOICE! It will not help me.



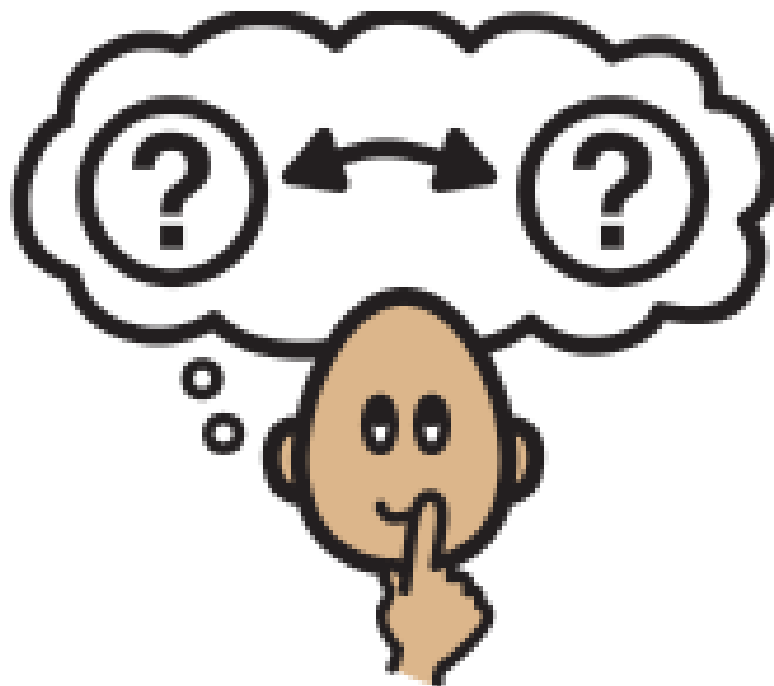
Hitting others:
BAD CHOICE! It will not help me.



What can I do to calm down?

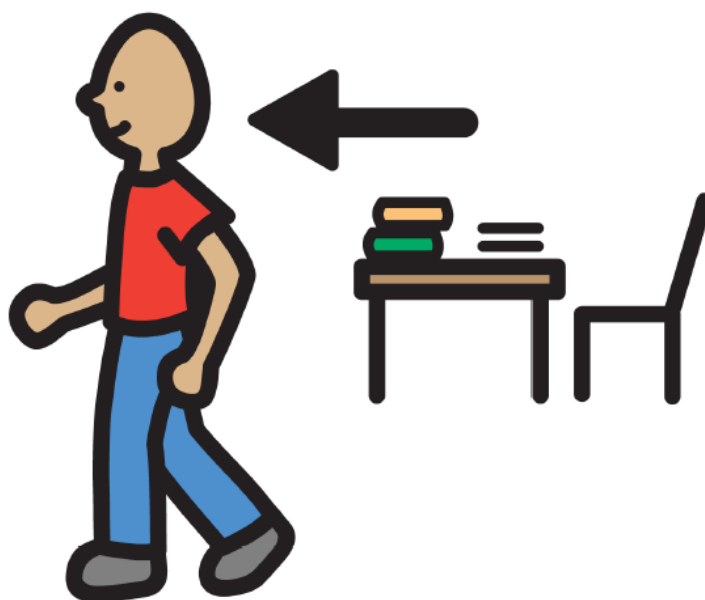


GOOD choices help me calm down!



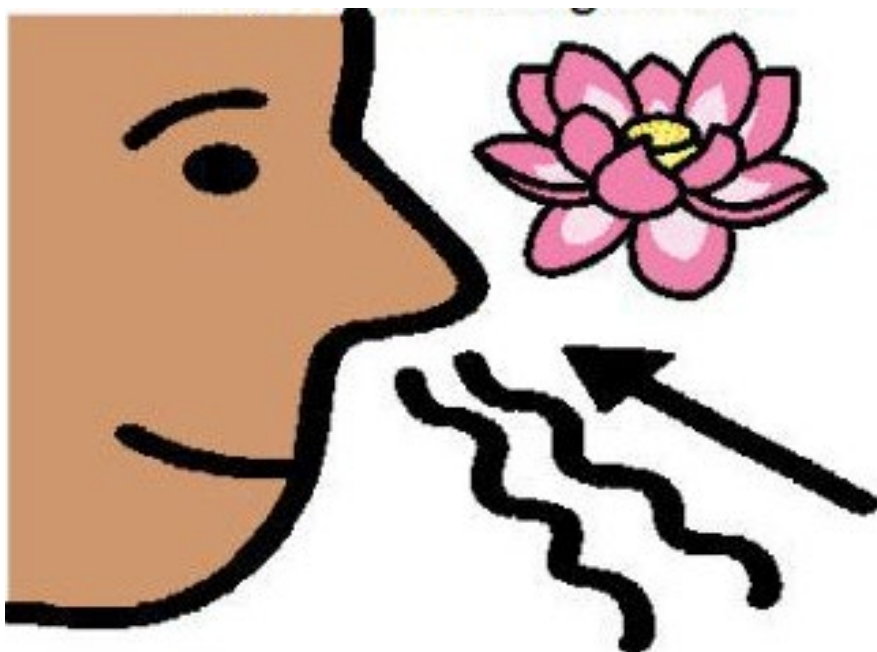
I can think: "Relax. Slow down. I can handle this".

GOOD choice! This will help me.



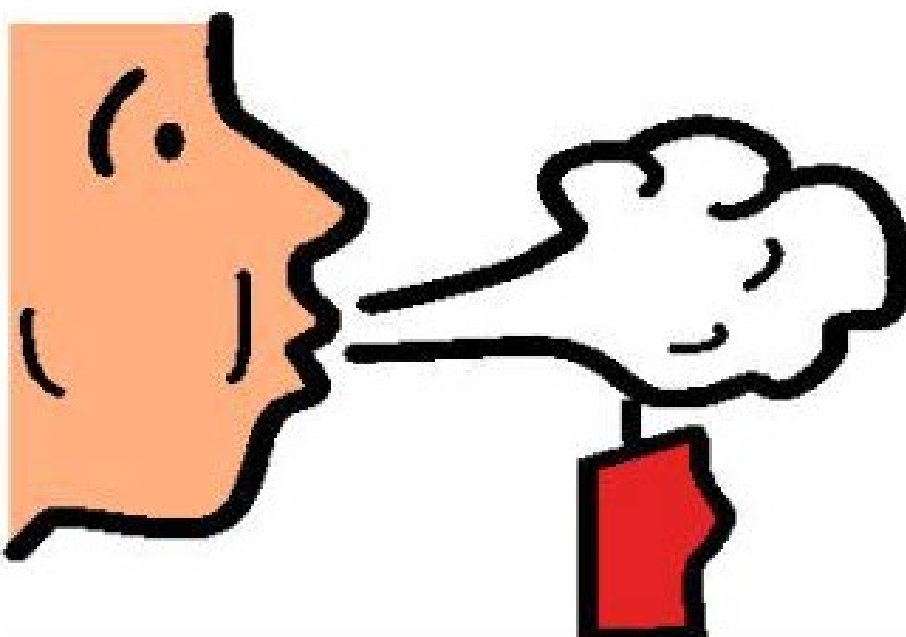
I can take a break:

GOOD choice! This will help me.



I can take some deep breaths: in the nose

...



... blow out of the mouth.

GOOD choice! This will help me.



I can get a drink:
GOOD choice! This will help me.



I can hug a pillow: GOOD choice!
This will help me.



I can think about my happy place:
GOOD choice! This will help me.



I can blow bubbles:
GOOD choice! This will help me.



I can blow up balloons: GOOD choice!
This will help me.



I can take my shoes off & rub my feet in
grass: GOOD choice! This will help me.



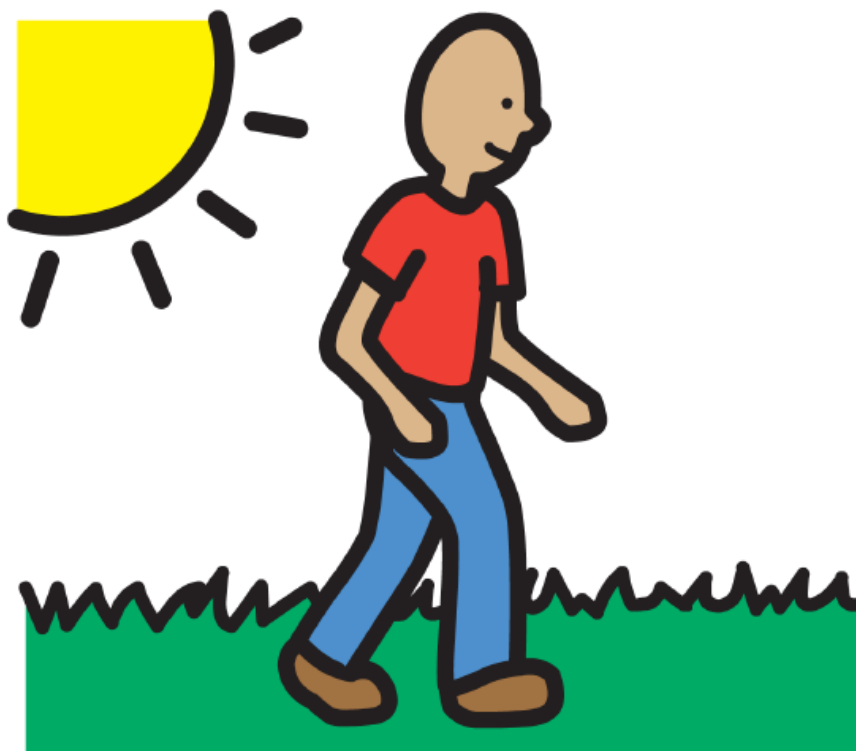
I can take my shoes off & rub my feet in sand or
water:
GOOD choice! This will help me.



I can ride my bike:
GOOD choice! This will help me.



I can exercise:
GOOD choice! This will help me.



I can walk outside:
GOOD choice! This will help me.



I can pet a dog or cat:
GOOD choice! This will help me.



I can listen to music:
GOOD choice! This will help me.



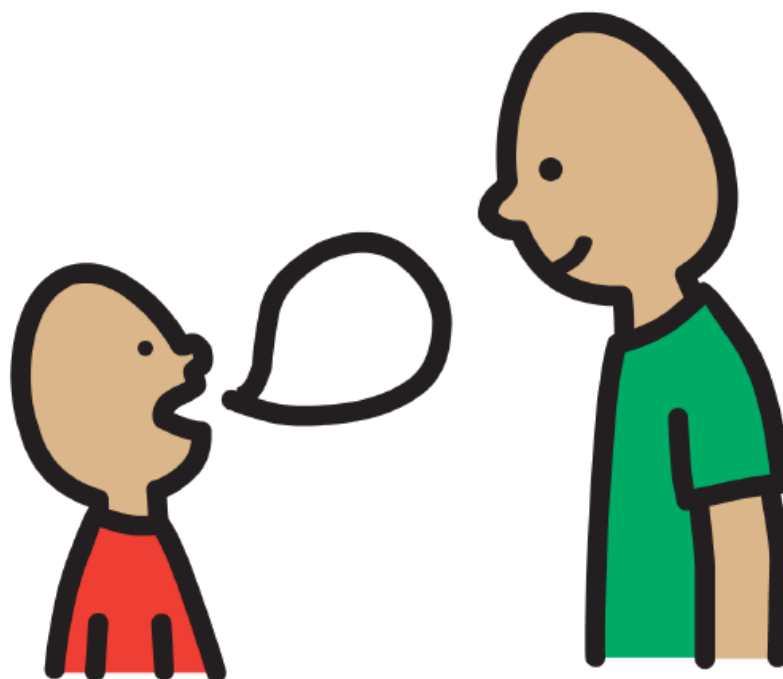
I can draw a picture:
GOOD choice! This will help me.



I can read a book:
GOOD choice! This will help me.



I can talk to a friend:
GOOD choice! This will help me.



I can use my words to ask for help:
GOOD choice! This will help me.



I can talk to my Support Workers:
GOOD choice! This will help me.



I just do my best.
Soon I will be happy again.

