



How I Can Calm Down



When I am at home or school I try my best to stay calm!



Sometimes when I am at home or school I get angry or frustrated!



It is okay to be angry or frustrated.



When I get angry I need to calm down.



First, I need to sit on my beanbag chair.

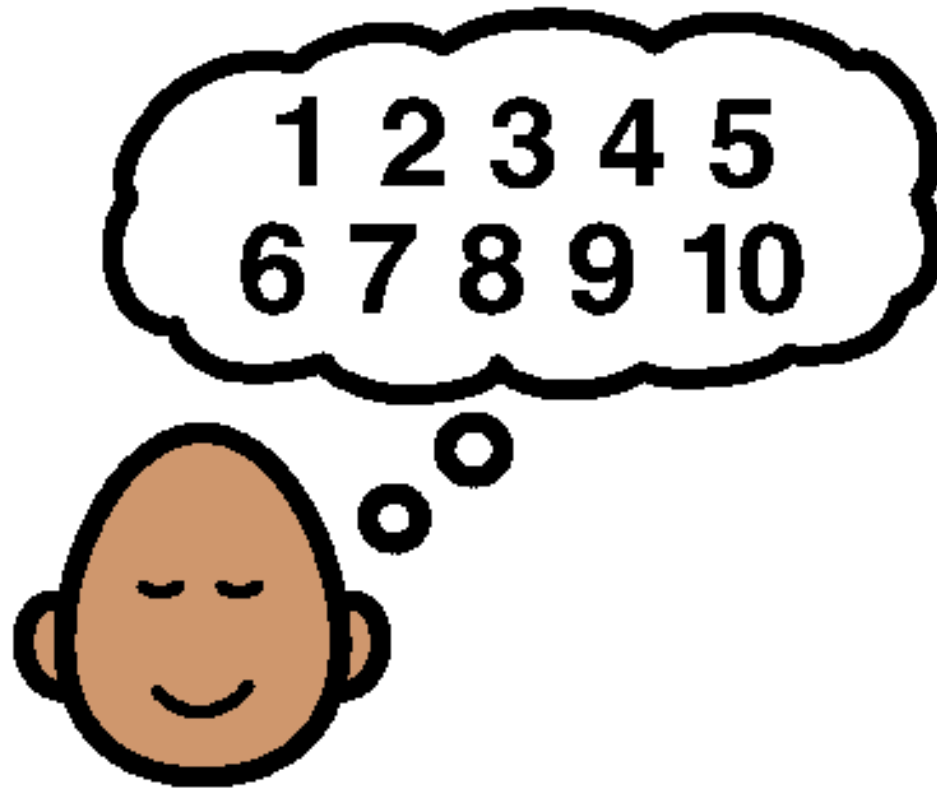


Next, I need to squeeze my pillow.

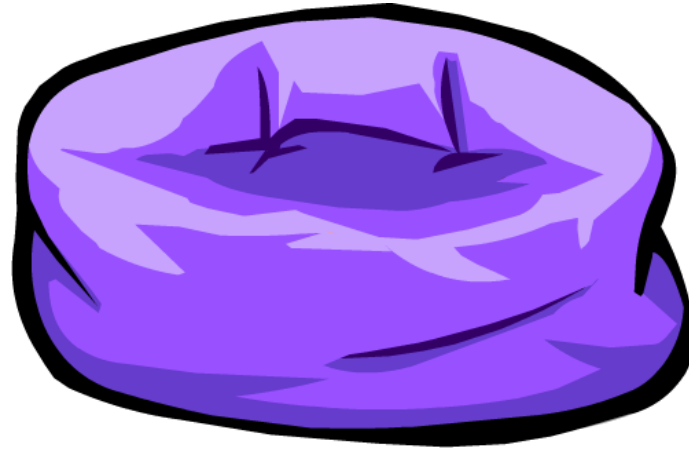


I need to take 10 deep breaths.

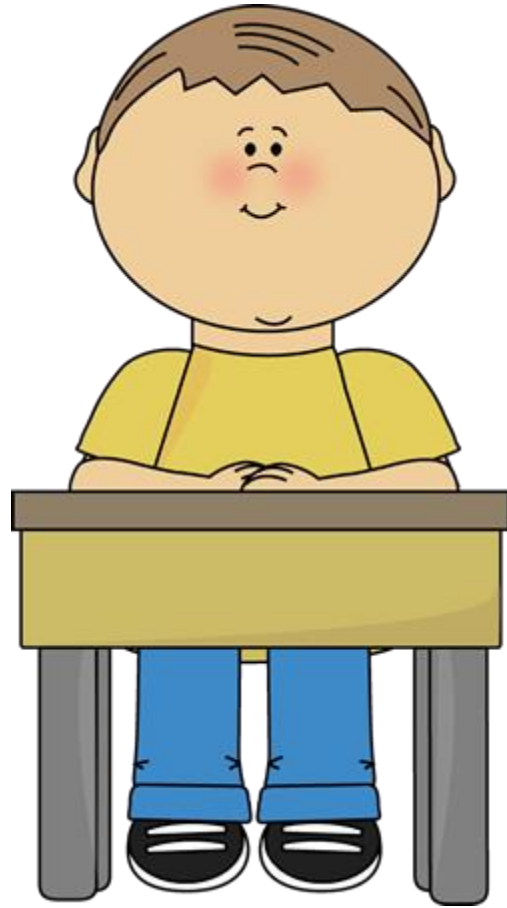




After that I will count to 10 in a calm voice.



I can even choose an activity that makes me feel better.



Once I am calm, I will finish my work!



Now I know how to calm down when I get angry or frustrated!