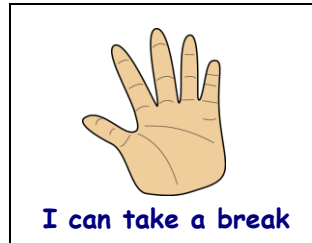
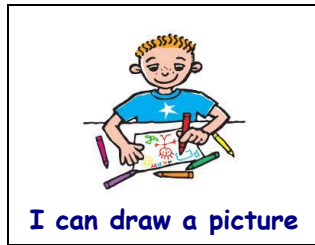
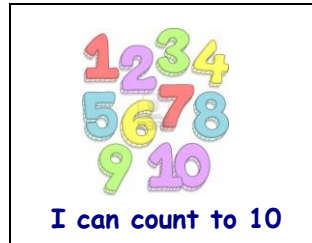
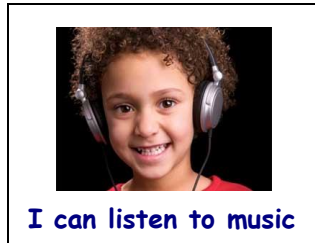
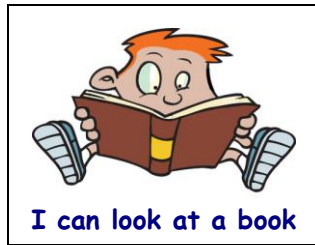
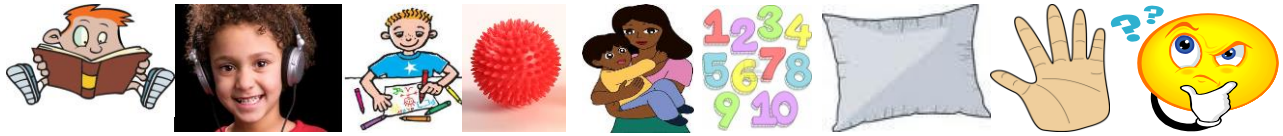


# When I'm upset / frustrated / sad...



## When I'm upset / frustrated / sad....



My choice activity	I can take a break	I can rest on my pillow	I can count to 10	I can talk to my mom	I can hold something to squeeze	I can draw a picture	I can listen to music	I can look at a book
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## When I'm upset / frustrated / sad....



My choice activity	I can take a break	I can rest on my pillow	I can count to 10	I can talk to my mom	I can hold something to squeeze	I can draw a picture	I can listen to music	I can look at a book
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## When I'm upset / frustrated / sad....



My choice activity	I can take a break	I can rest on my pillow	I can count to 10	I can talk to my mom	I can hold something to squeeze	I can draw a picture	I can listen to music	I can look at a book
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Assembly instructions:

-Print out this page and cut out the “When I’m upset / frustrated / sad...” strip with the pictures.

-Then cut out the strip of words and tape or glue them together (front and back).

-If applicable, laminate the strip to keep for multiple uses.