

1



Sometimes I get frustrated.

2

time
FOR A BREAK

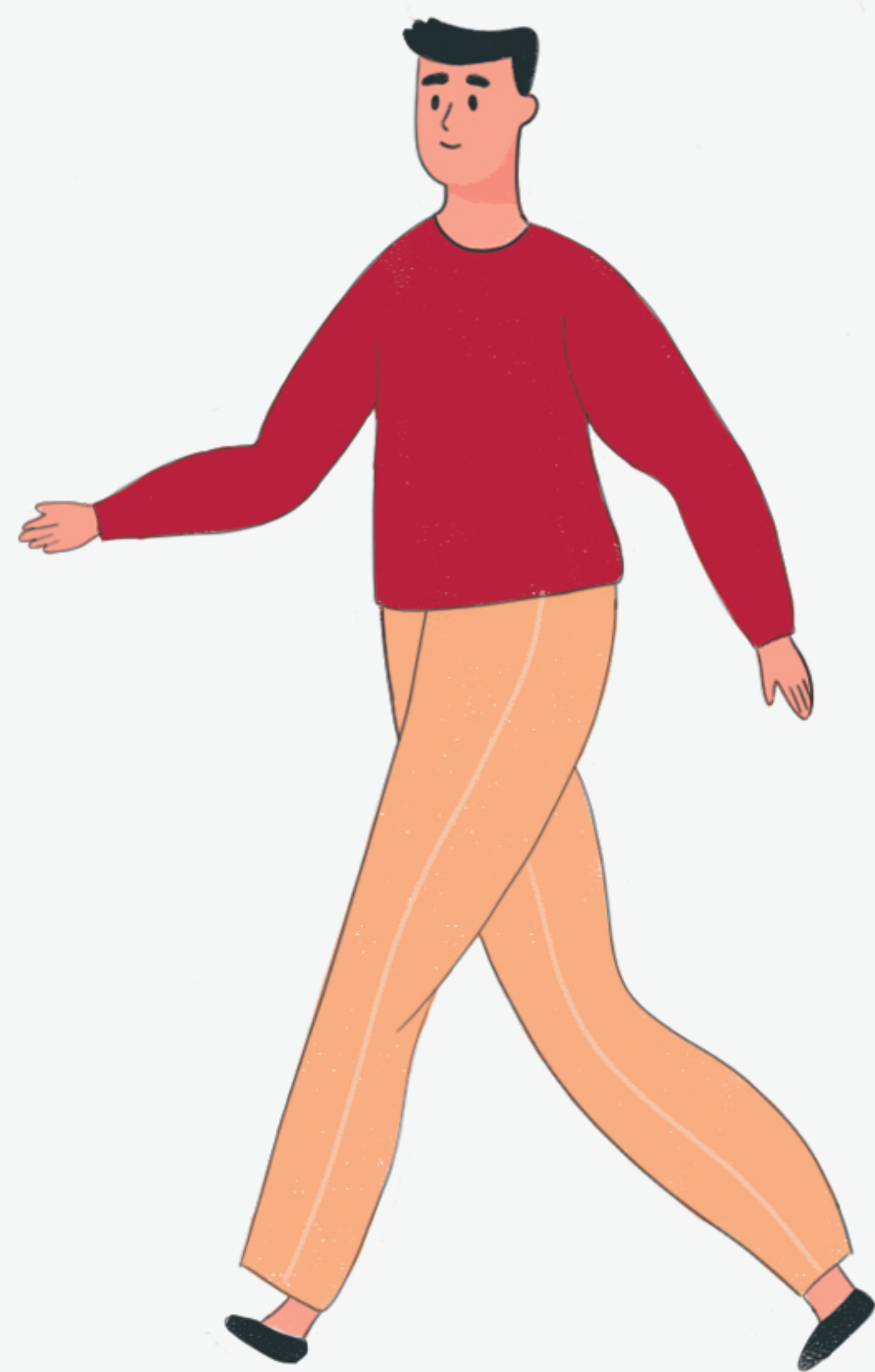
When I am frustrated, I need to
ask for a break.

3



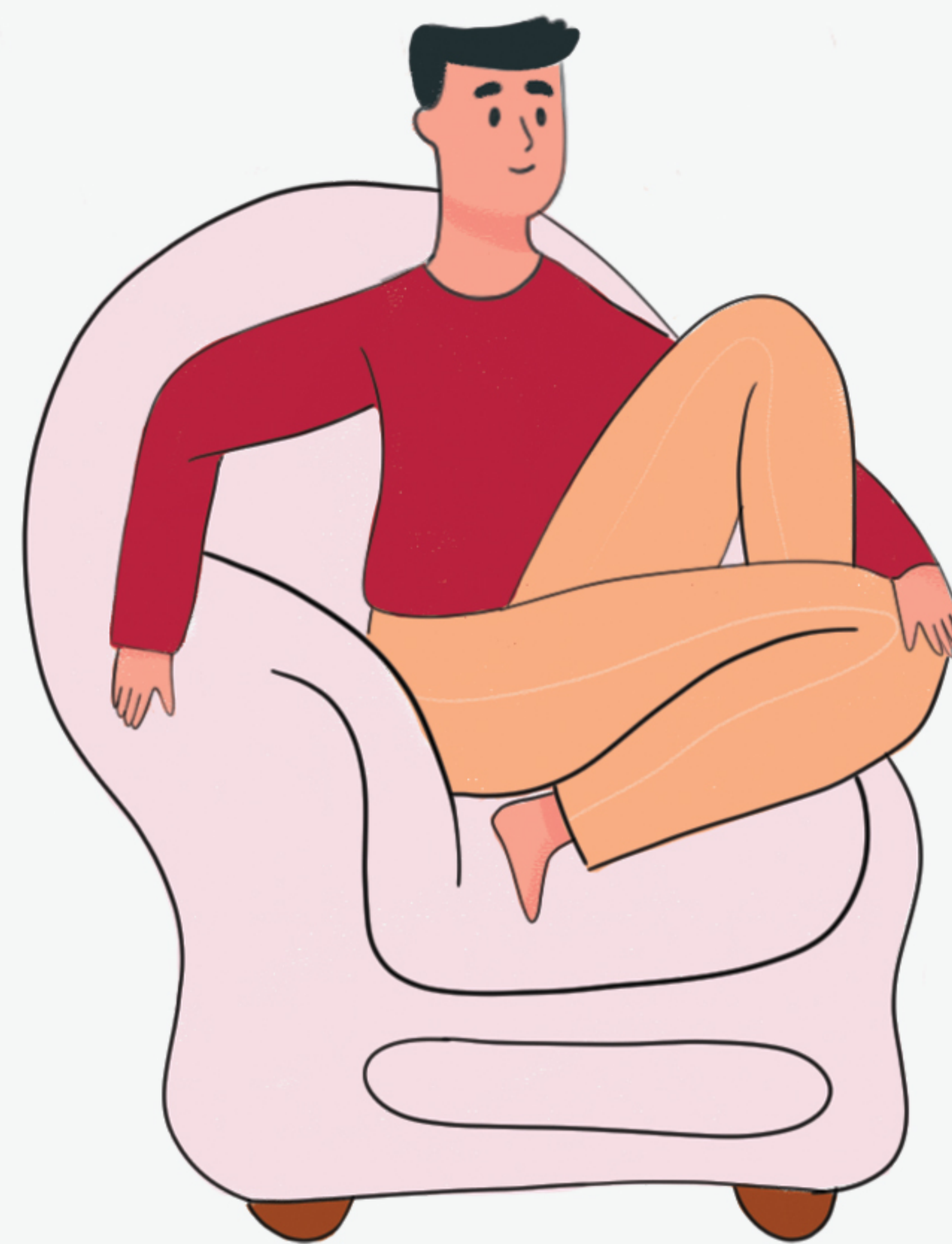
I can take 3 deep breaths.

4



I can ask to go for a walk.

5



I can ask to sit in a quiet area.

6



When I am ready, I will go back
and finish my activity.