



Calming Down

When I am upset, I should say, "I am upset." 

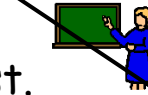
When I am upset, I should say, "I need help." 

I should not scream. 

If I scream, I bother friends in class. 

My friends cannot learn when I am screaming. 

If I scream, I bother my teacher. 


My teacher cannot teach her best. 

I do not want to bother my teacher or my friends.

If I scream, I should leave the classroom. 

I need to calm down. 

When I am calm, I may come back to class. 

I must be calm in the classroom. 

I must be sitting at my desk in the classroom. 

When I am calm, I can learn. I am happy. 