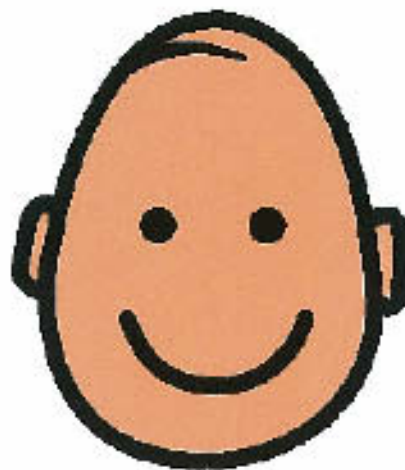
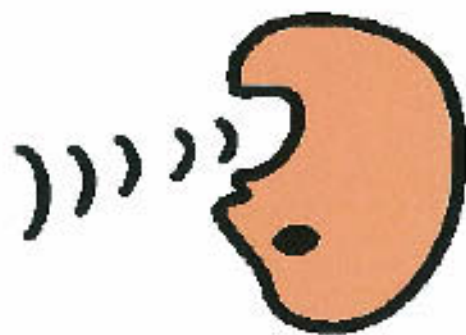
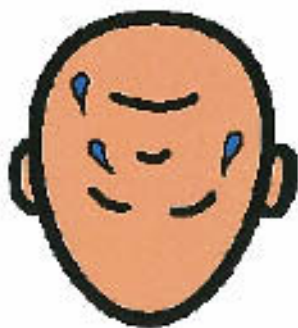
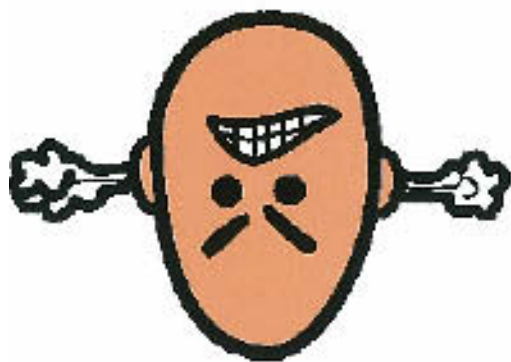


Keeping Calm

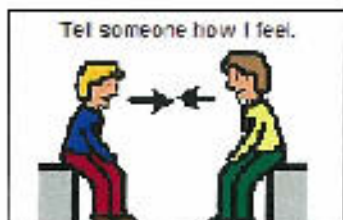
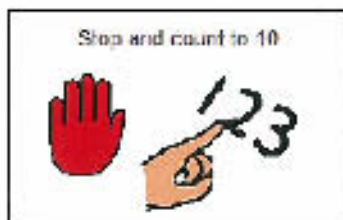
A Social Story



Sometimes I get angry. I want to scream and cry and pout.

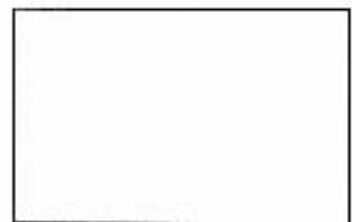
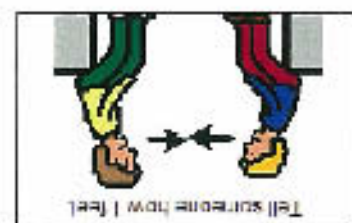


Here are ways to help myself calm down.



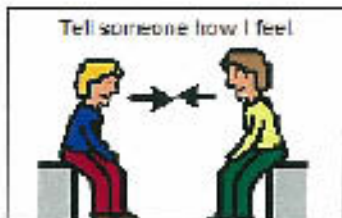
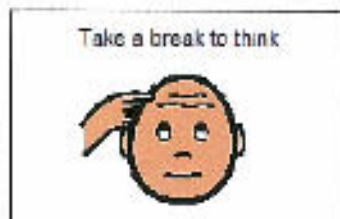
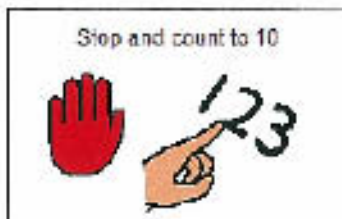
I will choose...

If I still feel angry, I can choose again.

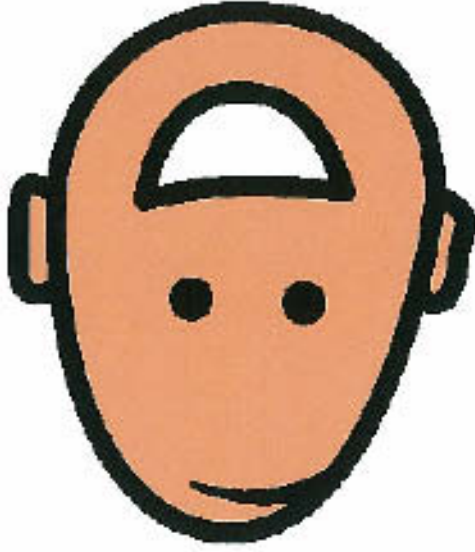


I will choose...

If I still feel angry, I can choose again.



I will choose...



Now I feel happy. I know how to calm myself down.