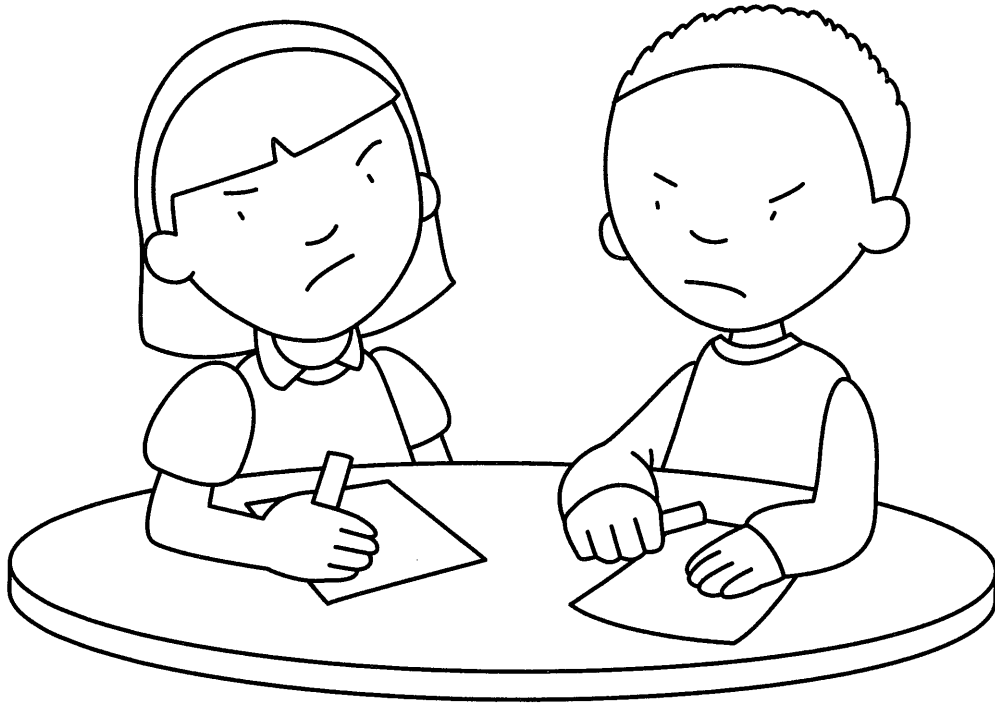
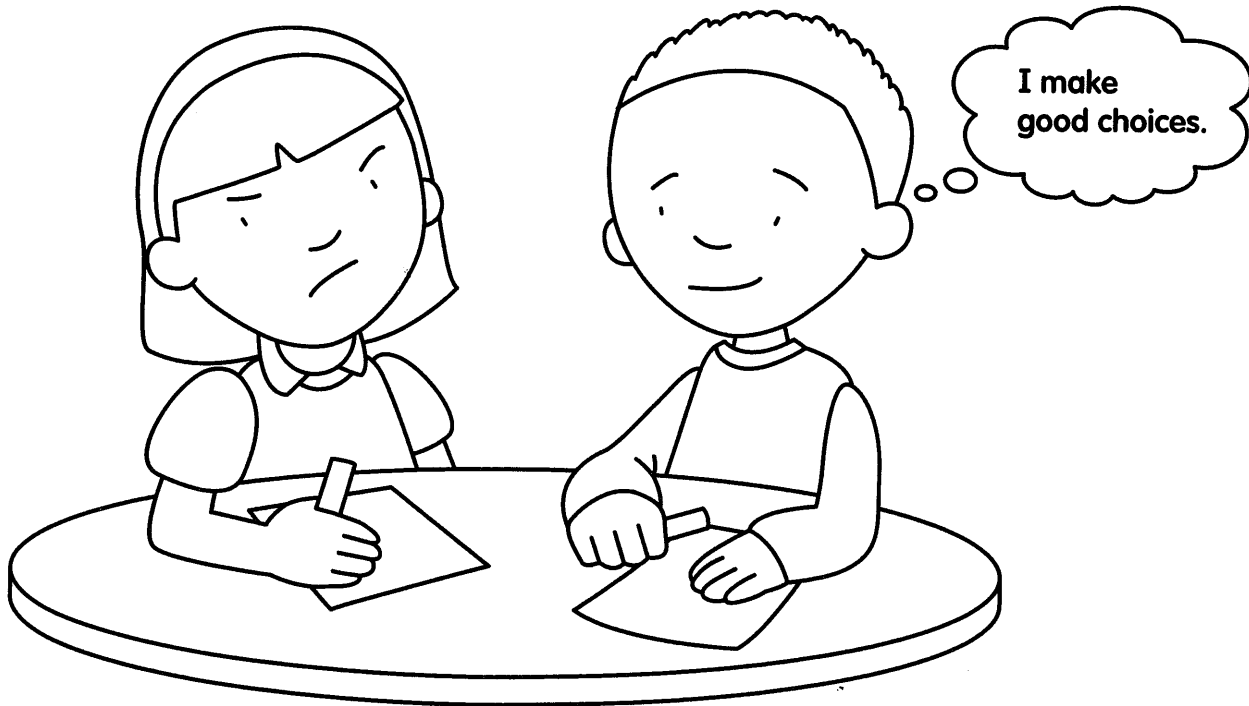


# When I Feel Upset



by \_\_\_\_\_

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**When I am upset, it is important to control my feelings.  
I will try to make good choices about how I behave.**



2

**Sometimes I feel upset.  
My tummy or my head hurts when I feel upset.  
It is OK to feel upset.**

---



4

**I can use my words, quietly.  
I can count to 10.  
I can take deep breaths.**

I feel upset.



**I can talk to an adult.  
I will use a quiet voice to say how I feel.**

5



**Everyone feels upset sometimes.  
When I feel upset, I will try to make good choices.  
Everyone is happy when I make good choices.**

7



6

When I am upset, I will make good choices.  
I will count to 10.  
I can ask to take a break.

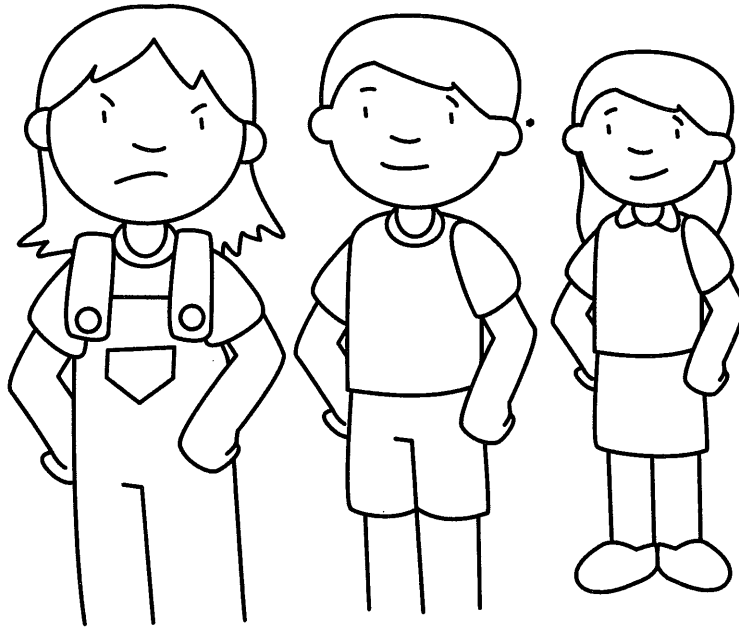
I will work on meeting  
my goal - 10 ✓'s!



Make a ✓ each time you read your story.

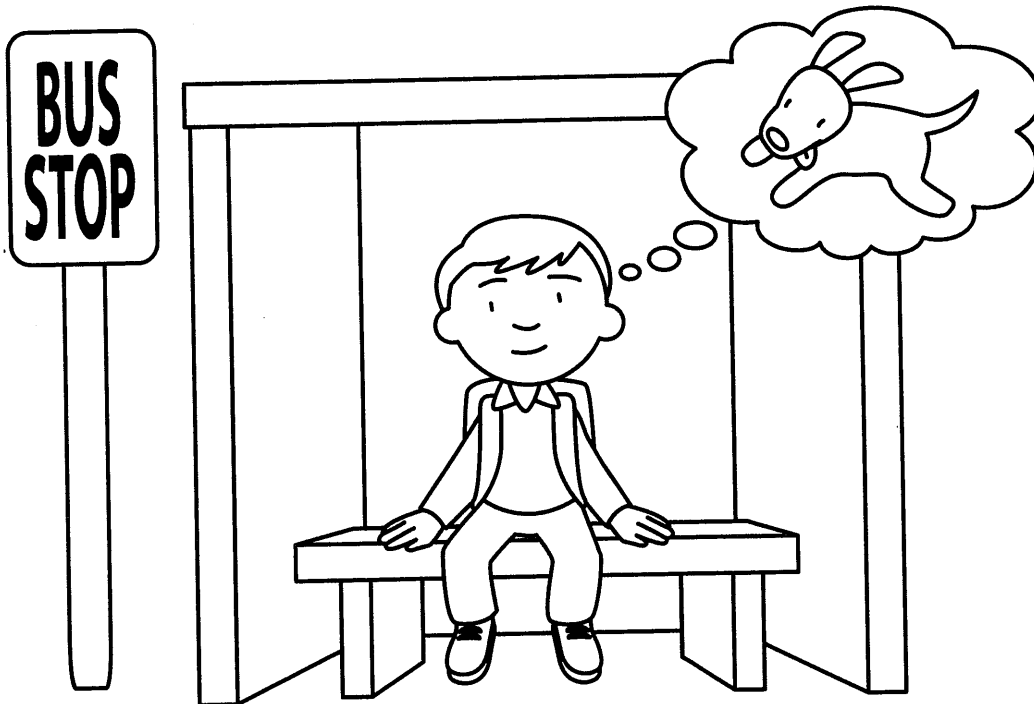
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# Waiting



by \_\_\_\_\_

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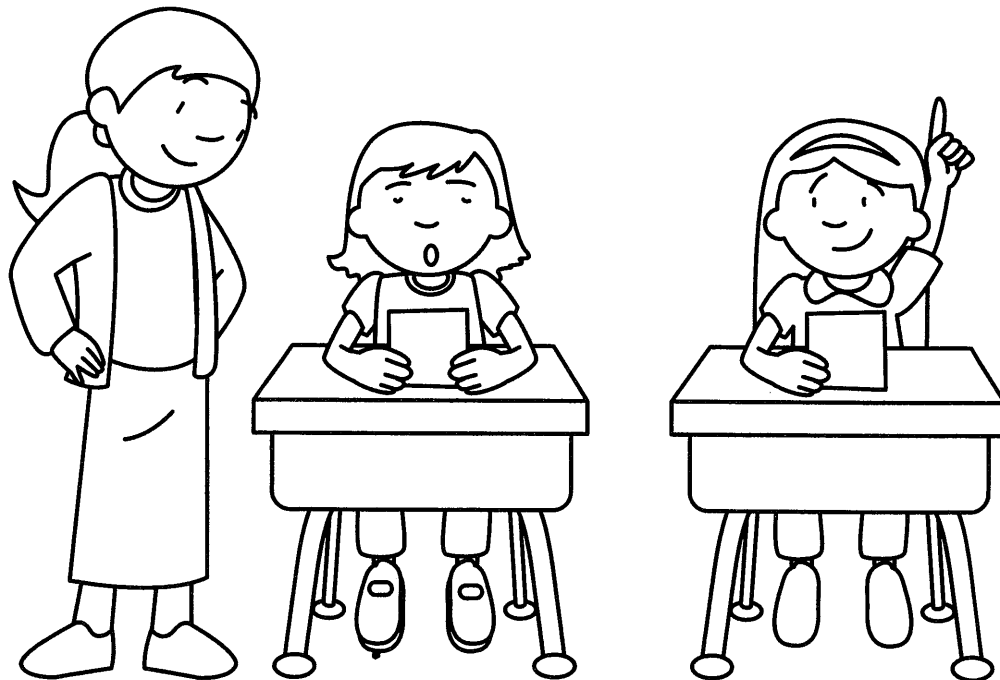
**Sometimes I have to wait for the school bus.  
The school bus is not always on time.  
I will wait quietly and think about other things.**



2

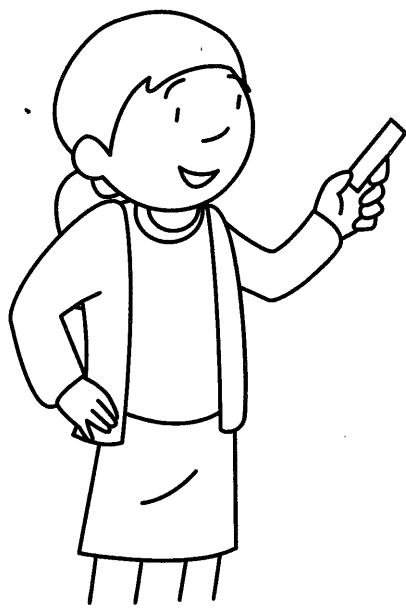
I do not like to wait.  
Waiting is hard for many people.  
Waiting is hard for me.

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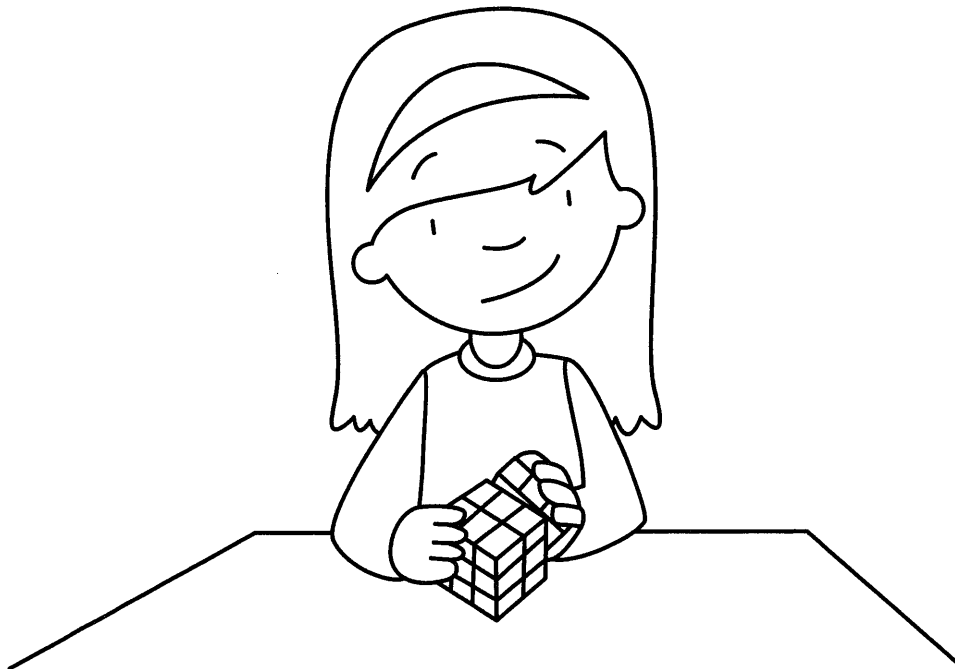
4

Sometimes I need help, but no one can help me right away.  
I will sit quietly.  
I will wait until someone can help me.



**Sometimes my teacher is talking, but I have something to say.  
I will wait quietly until my teacher is finished talking.**

5



**Waiting is not fun for anyone.  
But, everyone must wait sometimes, and that includes me.  
I will wait quietly and think about other things.**

7



6

Sometimes I have to wait to see my dentist or doctor.  
It could be a long wait.  
This is OK because the dentist and doctor are busy people.

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I will work on meeting  
my goal - 10 ✓'s!



Make a ✓ each time you read your story.

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