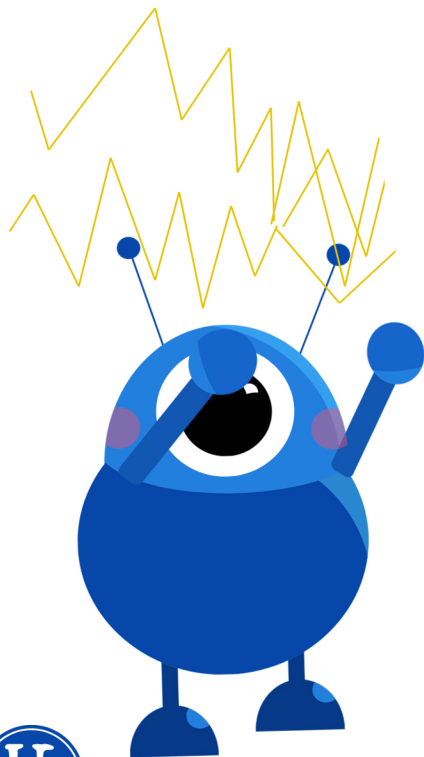


At home



1 I practice and talk about how to behave in certain situations that require more control.

2 I practice calm breathing and have quiet time for myself.

3 I create a plan for when I feel frustrated and out of control.

4 I vary my activities and games. I have fun with high energy activities and low energy activities.

High energy activities:
Running, jumping, dancing, sports, ...
Low energy activities:
Reading, puzzles, ...

5 I respect my friends and my family's space and personal bubbles. I understand that we all need quiet time and I don't get upset when others need a break.

6 I feel good when I've done well. I don't get discouraged when things are hard. I keep trying my best!

