

How to Use

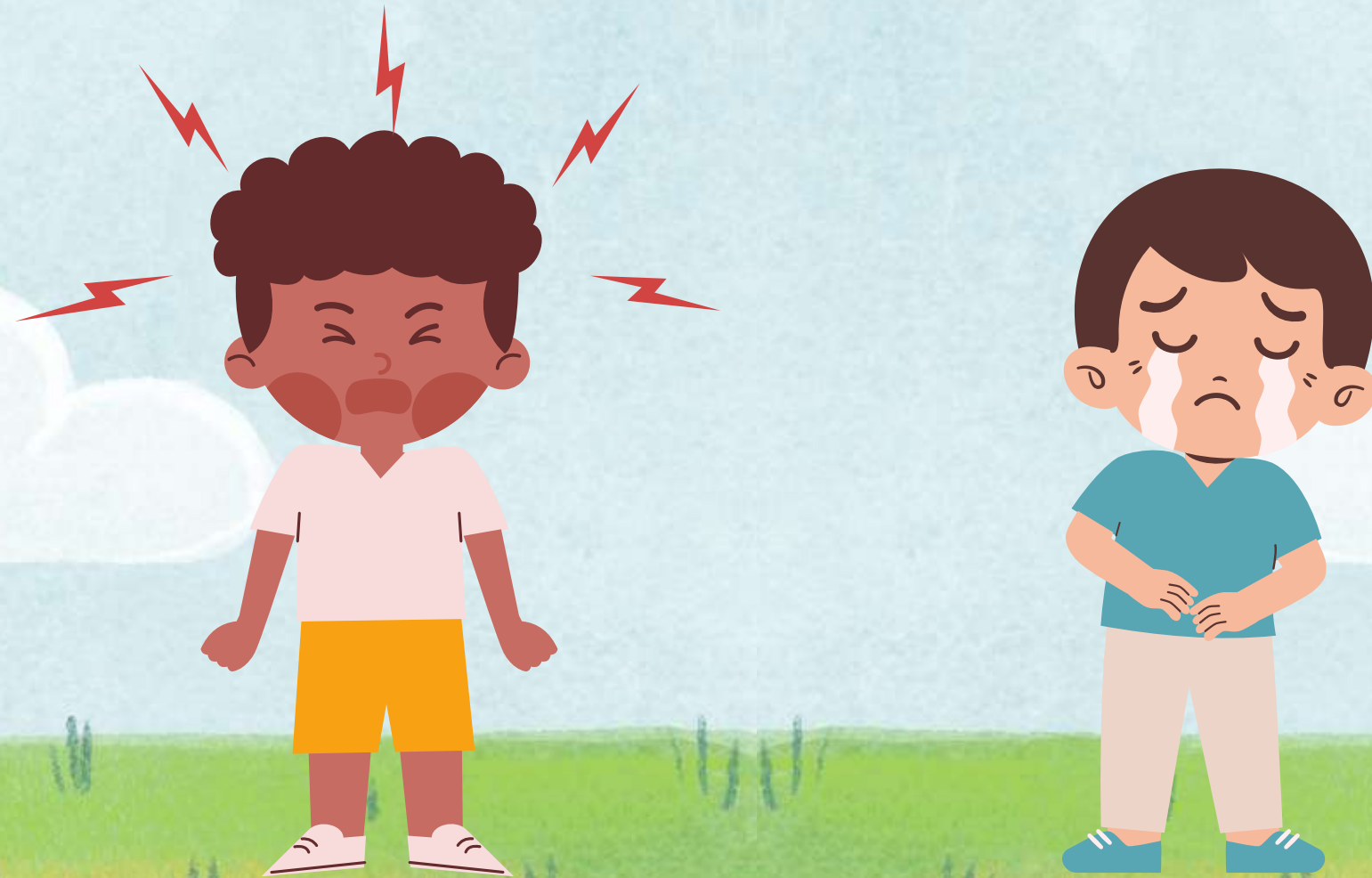
- You can print out the pages for your child, or have them read our social story on a tablet, phone, or computer. Use whatever works best for your child!
- This social story is part of a series to celebrate World Autism Month. You can find the rest on our website:
<https://www.speechandaba.com/>

A vibrant illustration of a person meditating in a field under a rainbow and clouds. The person is sitting cross-legged on a pink mat, wearing a pink shirt and dark pants, with their hands in a mudra. The background features a light blue sky with white clouds, a large rainbow, and a green field with small tufts of grass.

How to Calm my Body

BY ESSENTIAL SPEECH & ABA
THERAPY

**Sometimes I feel mad or sad.
Everyone feels this way sometimes!**



**Sometimes I feel happy. Sometimes I
feel frustrated. This is normal!**



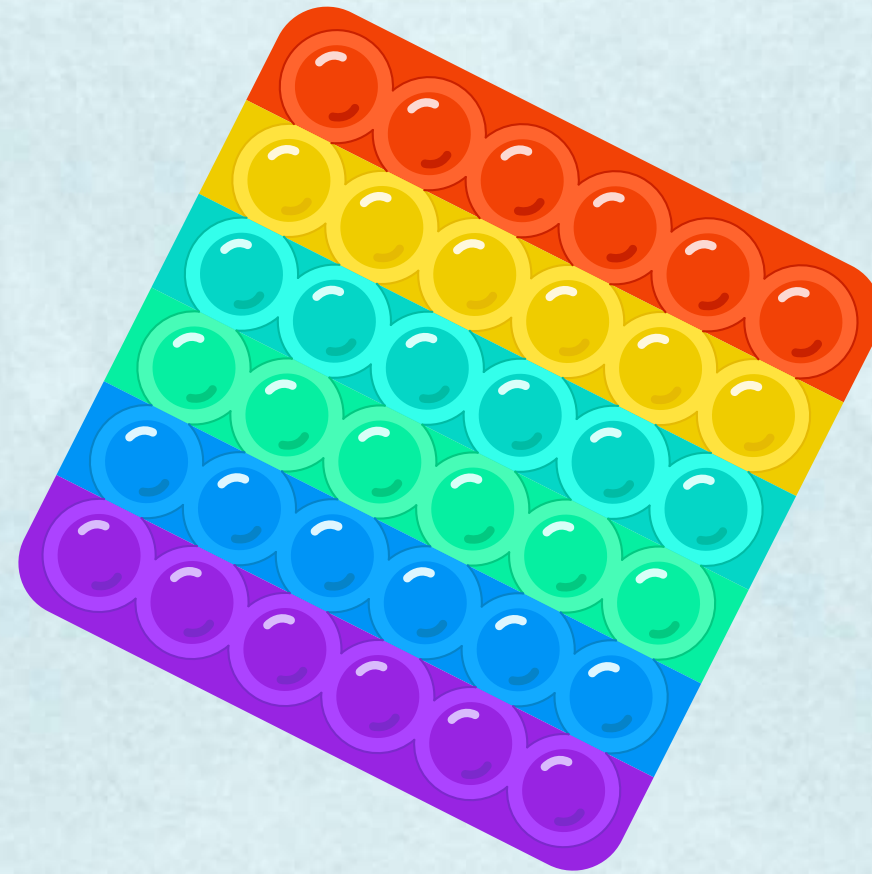
When children are mad, they might hit, kick, bite, or push other children.



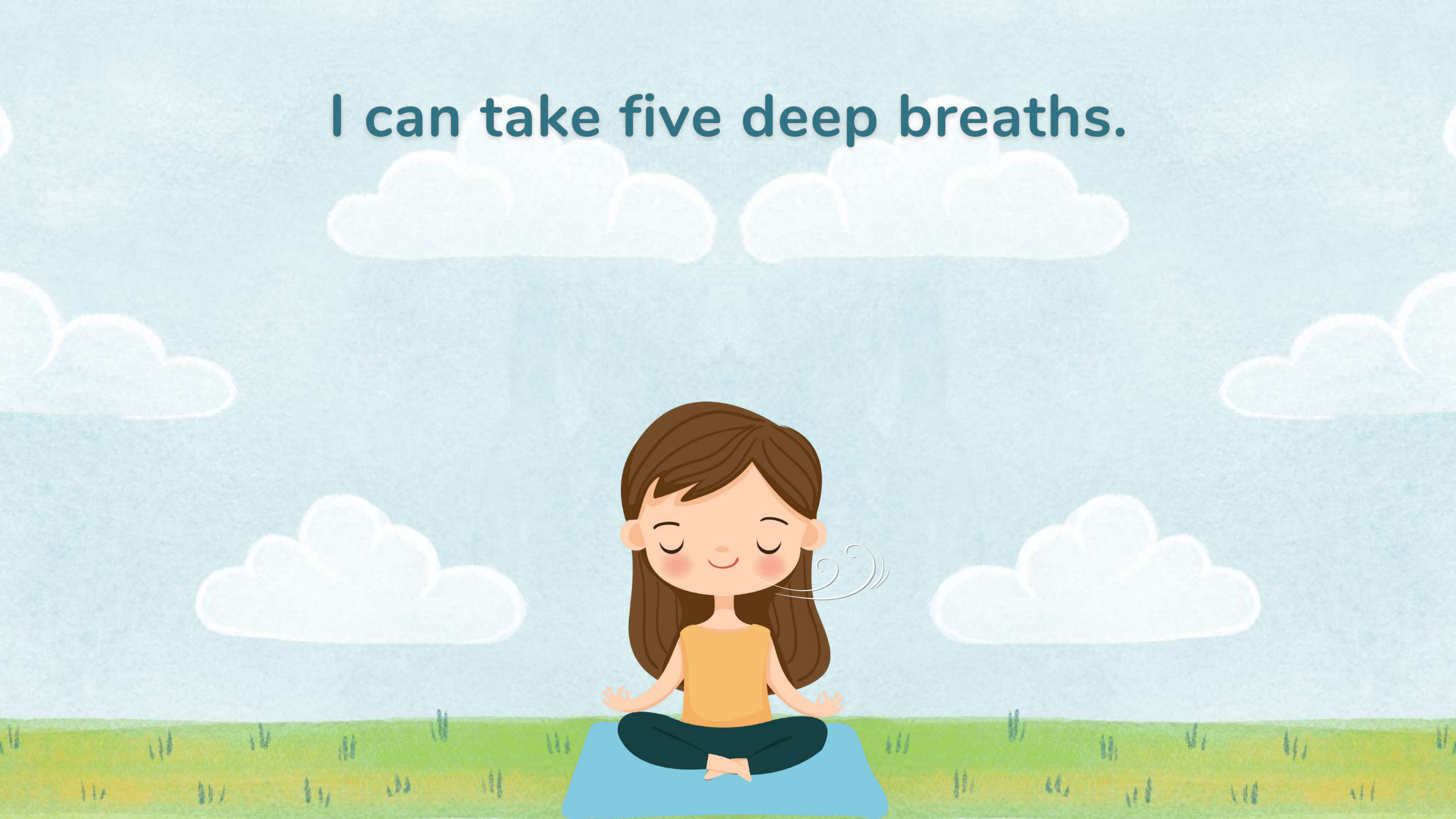
**If I do these things, it will hurt
someone else and they will feel bad.
That is not okay!**



There are ways I can calm down when I am mad, sad, or frustrated.



I can take five deep breaths.



I can ask to go for a walk.



**I can find a quiet place to take a
break.**



I can play with a fidget toy.



I can ask for a hug.



I can look at this story to help me
decide which choice might calm me
down.



My family and teachers will be so proud of me when I choose an option to calm down!

