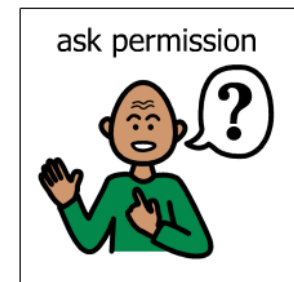
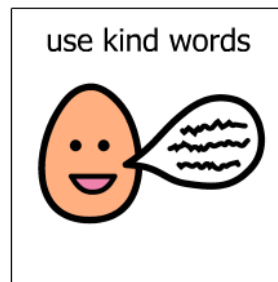
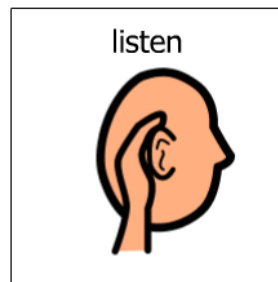
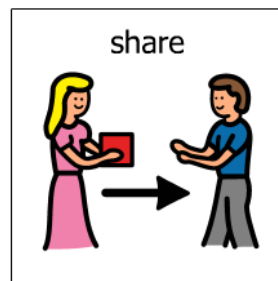
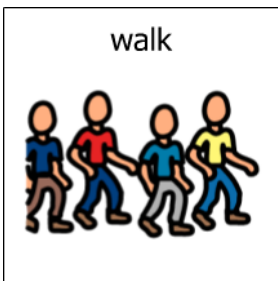


Tantrums Don't Help Me Fix A Problem.

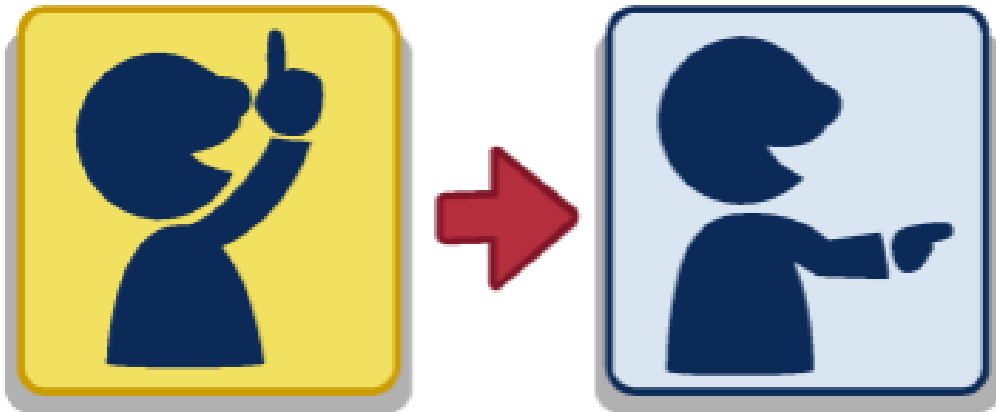


A social story about
making good choices.

I like to go to school. At school we follow a schedule and our classroom rules.



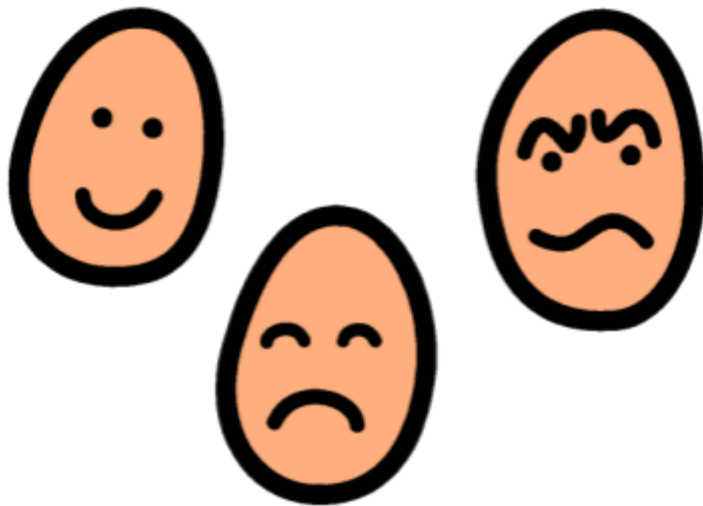
Sometimes I have to do something the teacher wants me to do before I get to do what I want.



At school, I do not always get what I want. Sometimes I have to share and take turns when I don't want to. These are problems I might have at school.



Sometimes I feel mad, sad, or frustrated when I don't get what I want. Sometimes I might even feel scared.



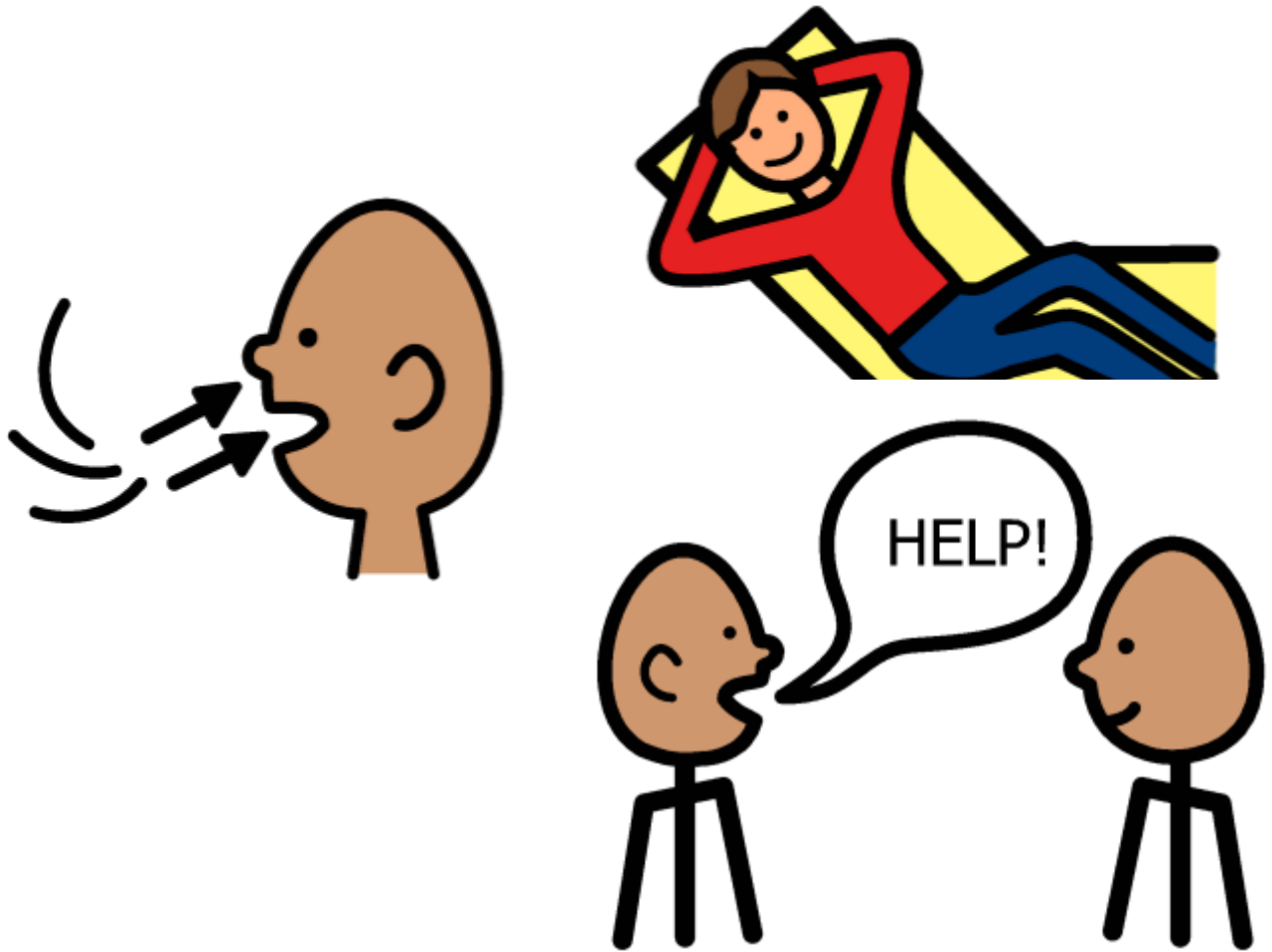
It is OK to have these feelings when I have a problem!

Sometimes when I feel mad or frustrated, I might hurt myself or others. This is called having a tantrum.

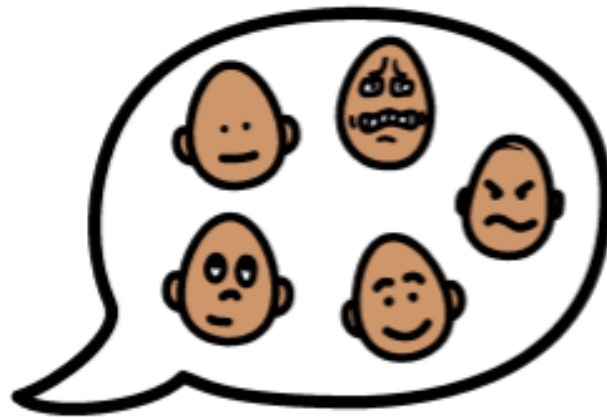


It is not OK to have a tantrum when I have a problem.

Tantrums do not get me what I want. If I have a problem, I can take a break, take deep breaths, or ask a teacher for help.



I can use my words to talk about my feelings. I can stay calm if an adult tells me “No!”



I feel _____

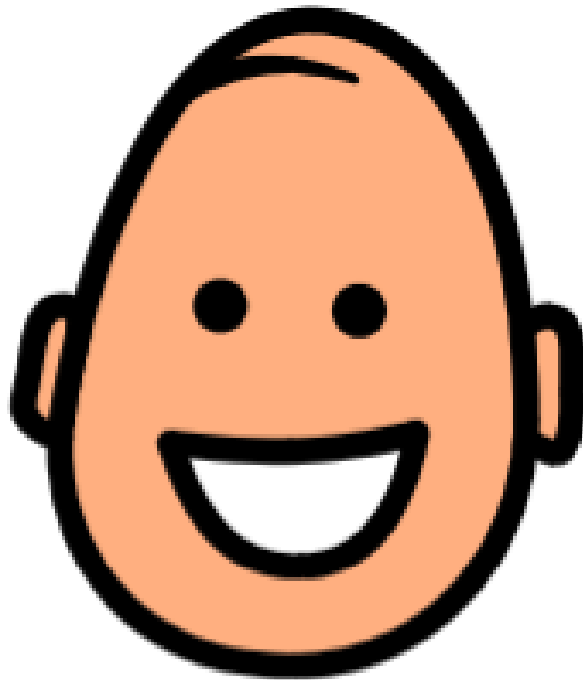
When I use my words, a teacher can help me fix my problem safely.

When I am calm and rejoin my class, I can get something I want later.



The next time I have a problem, I will use my words and stay calm, instead of having a tantrum.

If I use my words and stay calm when I am having a problem, my teachers, my parents, and my friends are happy.



When I stay calm and use my words to talk about my feelings, I feel so proud of myself!



The
End

