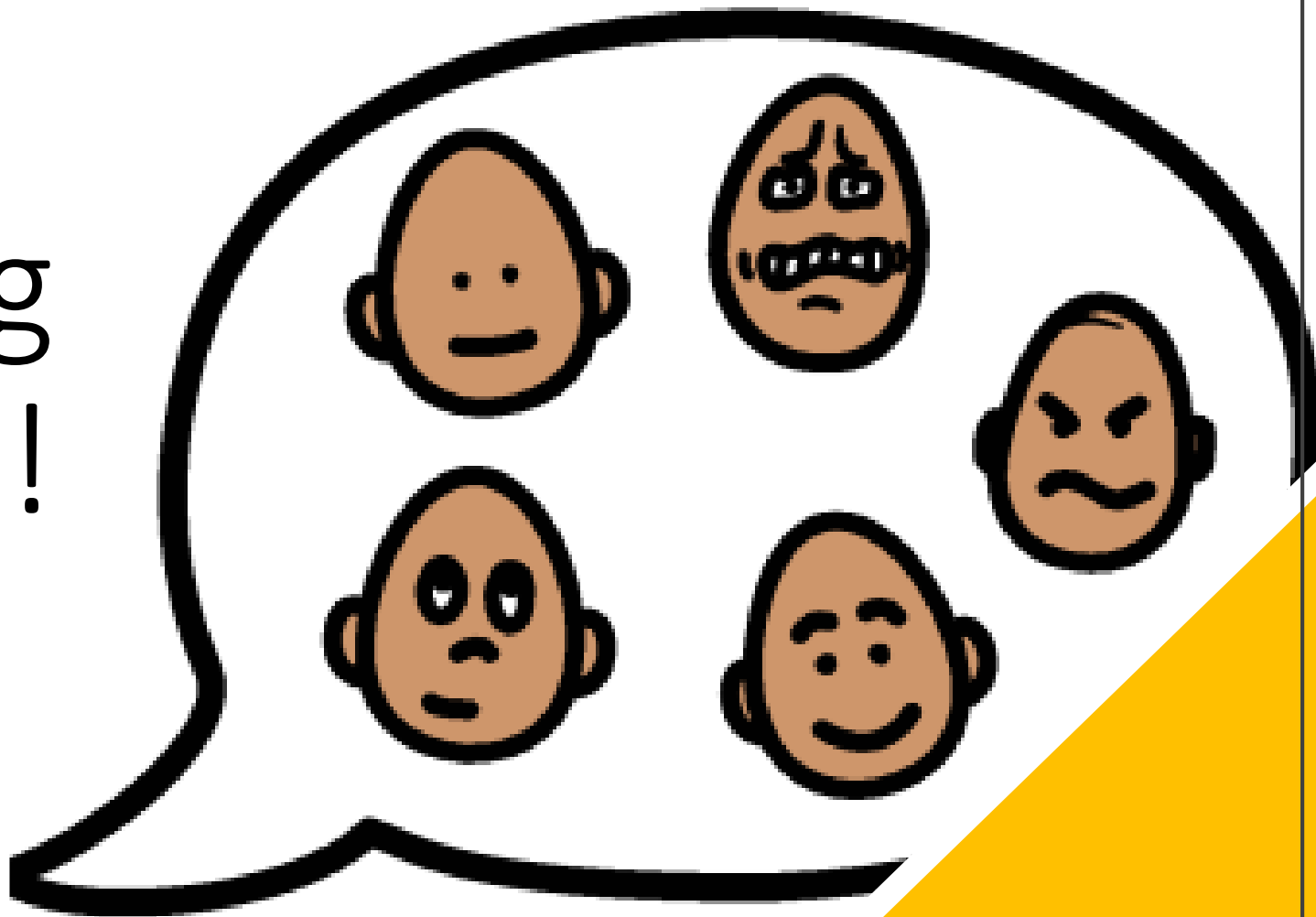


I Have Big Feelings!

A social story about staying calm





I like to be
at home.

At home, I
can play
with toys.

At home I can
spend time
with my family.

I can learn new
things.



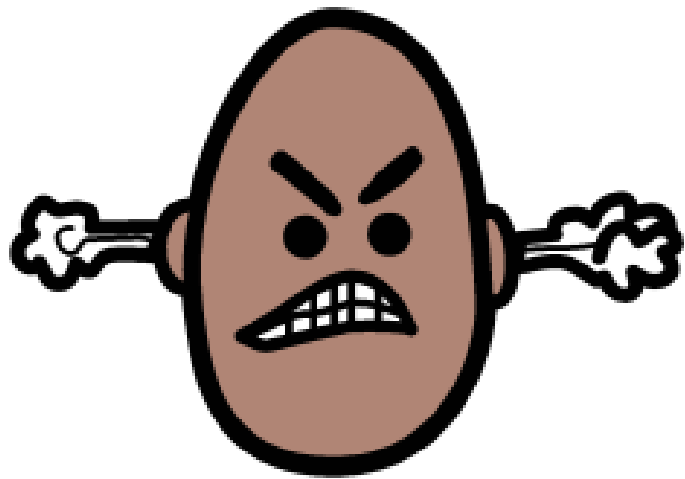


Sometimes
someone
else has
something
I want.

Sometimes I
have to wait to
do something.

Sometimes, a
grownup tells
me “No”.

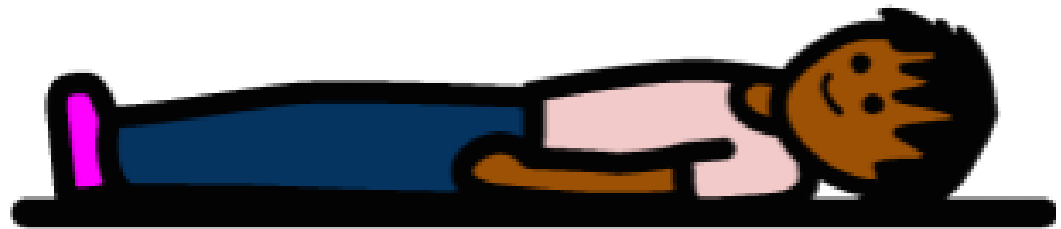


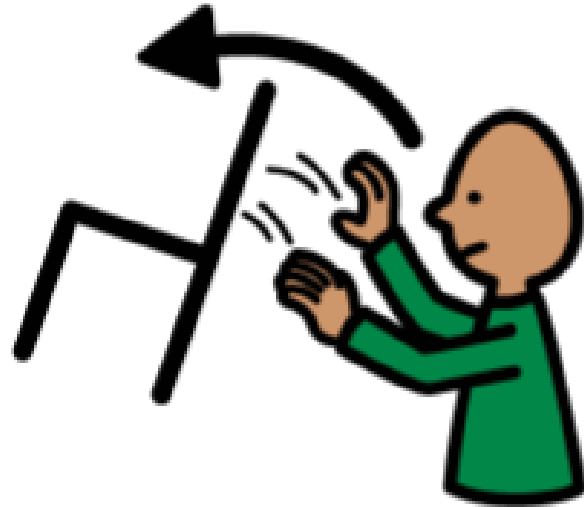
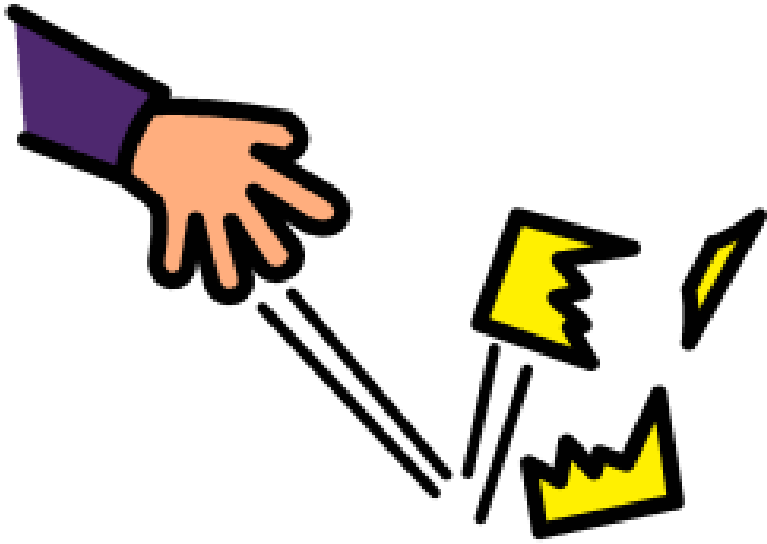


When I
can't have
what I
want, I feel
mad and
sad!

When I'm mad
or sad,
sometimes I
yell.

Sometimes I lay
on the floor.

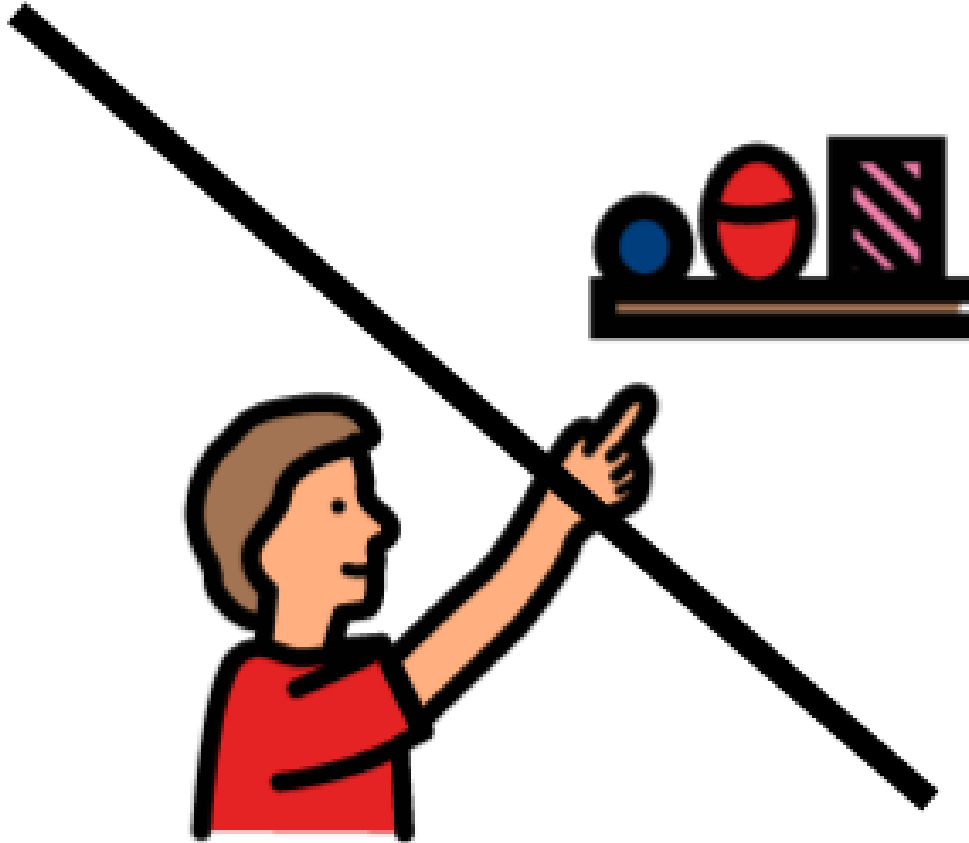


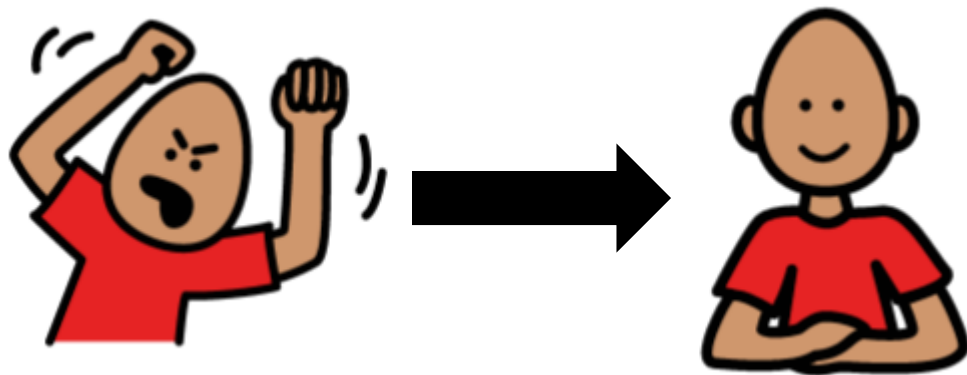
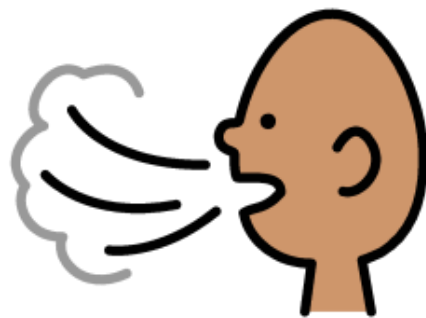


Sometimes
I throw
things
when I feel
sad or
mad.

This is **NOT**
safe!

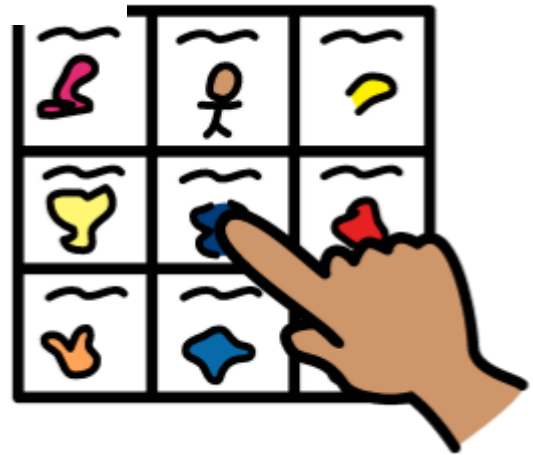
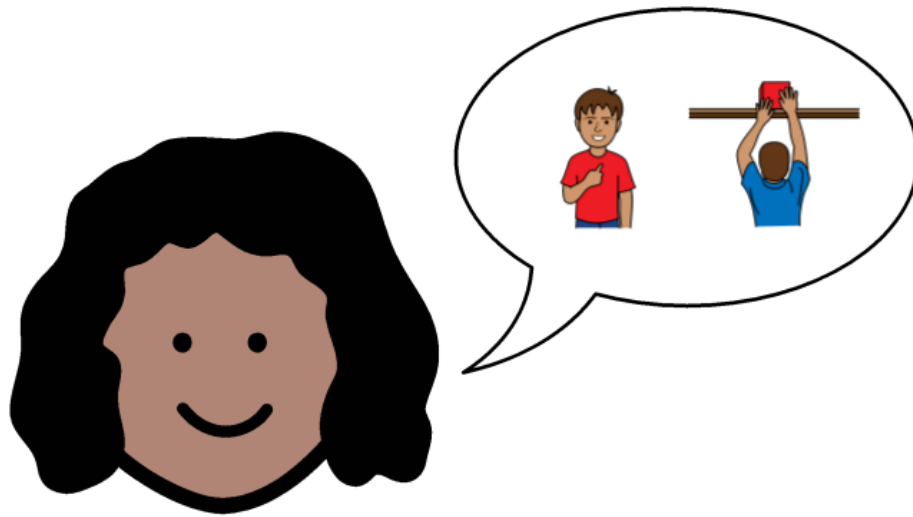
When I yell, lay
on the floor, or
throw things, I
do **NOT** get
what I want.

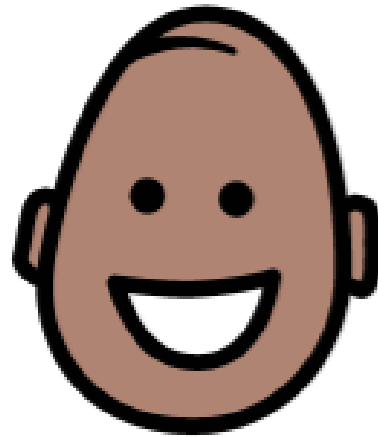




When I am feeling sad or mad, I need to take some time away to get calm.

I can tell a grownup how I feel by using my words.





When I use
my words
and stay
calm, I can
get
something
I want.

I feel
happy!