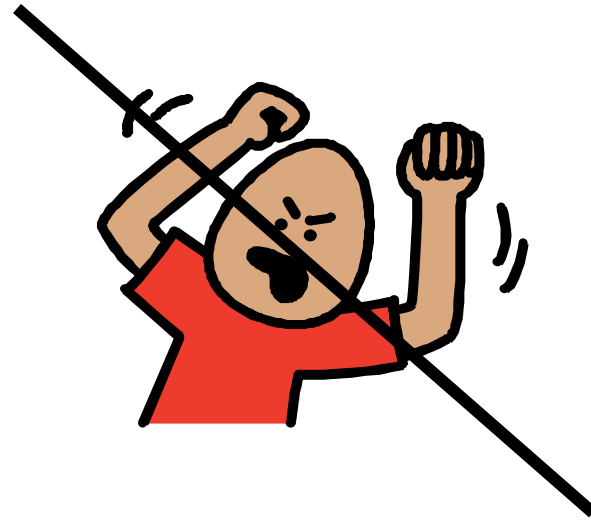


Tantrums don't help me fix my problems. If I have a problem, I can stop and take a breath or ask for help. I can use my words if I get upset because an adult says, "No!" I can stay calm.



When I use my words, I can help to fix my problem safely. I won't hurt myself or another person.  
*Tantrums don't help me fix my problems.*