

Sometimes I get frustrated or upset in the classroom.



When I get frustrated I can calm down in my quiet space.



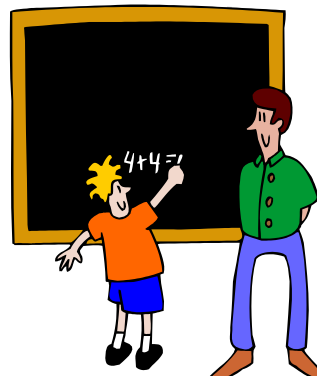
I can raise my hand and ask my teacher if I can go to my “quiet space” to calm down.



I get five minutes to sit in my quiet space.



When five minutes is over, I can go back to my work just like everyone else in the class.



I will be ready to do my school work because I will feel calm and relaxed.

