

Self-Talk



Sometimes I talk to myself.



When I talk to myself in class, I bother others.



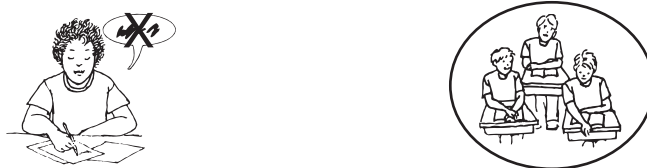
They can't hear the teacher.



I can't hear the teacher.



I need to be quiet in the classroom.



I will try not to talk to myself in the classroom.

How to Give a Hug



Hugs are when bodies touch.



People hug when they are happy or when they like each other.



To give a hug, stand face to face with bodies touching.



Put your arms around the other person's body.

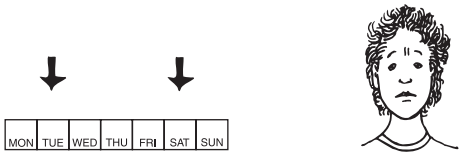


The other person will put his or her arms around your body.



You both squeeze. Then you let go and step back.

Feeling Upset



Sometimes I feel upset.



I may want to cry or yell or hit something.



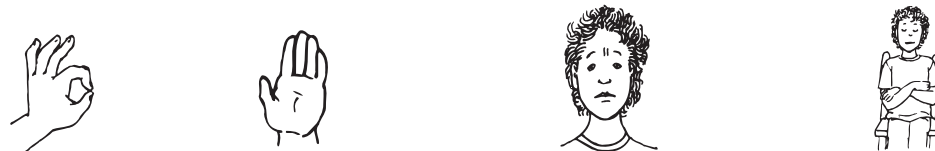
I need to calm down.



I will take three deep breaths.



I will ask _____ if I can take a break.
(person)



It is okay. I will stop feeling upset when I calm down.