

Social Situation

When I Am Upset
(not hitting)

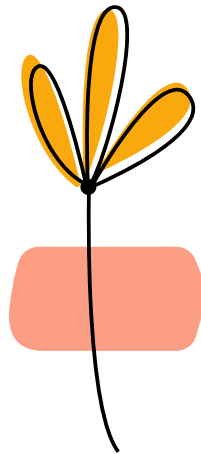


My name is _____.

My teacher is _____.



I am _____ years old and go to
_____ school.

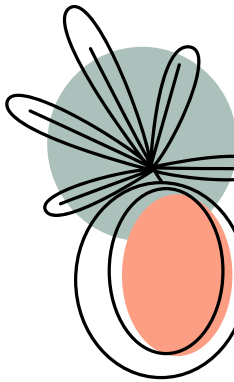


Sometimes at school I might feel _____.

I find it hard to talk when I _____.

Sometimes when I am _____, I might hit.

This can make my friends and teachers sad.

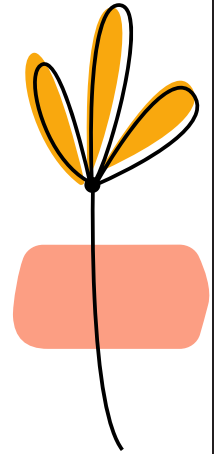


I might be _____ when:

(add in what makes the child upset/sad/angry
e.g. end of break time/losing toys etc.)



My teacher will help me when I am upset

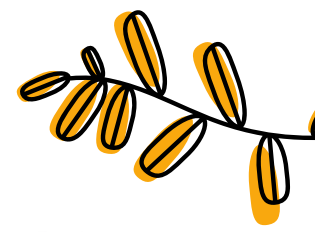


I will try to use _____ (add in specific
strategy that is being used e.g. using an
emotions key ring etc.) _____.

My teacher will help me with this.



When I am upset I can:





•	Take a break
•	Have a drink of water
•	Take a depth breath
•	Count to 10
•	[add in strategies used specific to the student]
•	This is OK. Soon, I will feel better.

