

Chewy Tubes

Sometimes people like to do things that make them feel good, like playing with their favorite toy or eating their favorite food.

Sometimes people do things that make them feel calm.

Some things are good for people, and some are not good for people.

A lot of times these things are called habits.

Habits are the things people do over and over.

feel good



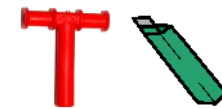
play



chew



chew



There are some times when gum is not a choice, like at some schools.

A chewy tube is a special tool that can be used at school.

People can bite and chew on a chewy tube.

Chewy tubes can be attached to a hook to carry.

Chewy tubes can stay in a special box or carrying bag.

It is important to keep a chewy tube clean.

It can feel good to chew and stay calm.

school



chewy tube

