

Control my Body

Sometimes people feel good or happy or excited.

Sometimes people feel tired or sleepy.

Sometimes people feel upset or angry.

It is important for people to do things that make them feel calm.

Being calm means people can think about what they are doing.

Being calm means not being too excited or too upset or too sad.

feel good



tired



When people get too excited or too upset, their body might start to move or feel funny. Some people shake or get nervous.

Some people's hands and body start moving around.

Some people feel like they can't sit still.

This can make other people feel distracted and worried or upset.

It is important to try to calm down.

nervous



upset



As people learn how to calm their body, they learn how to take a deep breath, count to 10, and relax.

Some people use special tools or sensory activities to calm down.

It is a good idea to control their body.

When people are calm, others have good thoughts about them.

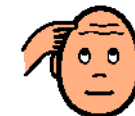
When people are calm, they can learn and play better.

Calm people can make good choices and have good manners.

relax



good thoughts



Ways to Control my Body

