

**It is Okay to Restart My Day**

**Sometimes at school things don’t go the way I want them to go. Sometimes I have to do work I don’t want to do. Sometimes I have to stop using the computer and I don’t want to stop. Sometimes it is even hard to get out of my parent’s car or the minibus and walk into the school building.**

**Everyone can have good and bad feelings in just one day. And sometimes people do things that are not such great things to do at school or home when they have bad feelings. Maybe they get mad or upset or they are just too tired. Sometimes kids may cry or yell or even sit on the ground when they get these feelings.**

**Learning how to tell about feelings may be hard work. Kids need practice to learn how to help themselves or ask adults and teachers to help them when they need it. That is okay. It is okay to have bad feelings. It is okay to try hard each day to control the feelings and behaviors. AND it is really important to remember that if I do feel bad……………………………**

**It is Okay to Restart My Day!**



**What can I do to restart?**

**1. Take some quiet time**

**2. Talk to a favorite teacher or adult**

**3. Take some slow deep breaths**

**4. Do some relaxation exercises**

**5. Go get a drink of water**

**6. Take a walk**

**7. Listen to my favorite music for a few minutes**

**8. Draw if I feel like drawing, write if I feel like writing**

**9. Think good thoughts and tell myself, “I am okay”**

**10. Add things I think will help me\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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