My name is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I go to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_School.

Sometimes I do amazing things at school.

I follow a schedule and work really hard. Lots of times I finish everything.

I can be nice to my friends. I tell them “It’s OK” when they feel bad about something.

My friends are nice to me too.

Sometimes though I just **start to feel mad** about something and **my body feels like it could explode**. When that happens sometimes I yell. And sometimes I hit my friends.

That is **not a good thing**. The good news is there are things I can do when I feel this way.

1. **The first thing I need to do is fold my hands really hard**:



 That will protect me and my friends and help me stop and think



1. I could just say to my teacher or an adult: “**I have to go to the hall right now and breathe 3 times.”**
2. I could say: “**I need my ‘Relaxation book!’ then I can go in the hall and do things that make your body calm down**.” This really works!



Here are some things I think I could do to help me when I feel like exploding: [Student decides what can help him/her]

If I remember to do these things and stop myself, my teacher might give me a gold ticket. That is a **GOOD CONSEQUENCE**

If I remember to do these things, I hope my teacher will: [student chooses reinforcers]

But if I don’t remember to do these things and I hurt a friend then I need to do something to help me think better. These are called ‘**consequences’ for forgetting.**

I might have to miss part of recess [student chooses consequences with teacher]

I might have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I might have to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I’m going to try very hard to calm my body. That way I can get a **GOOD CONSEQUENCE**