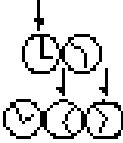


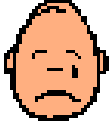


by Elizabeth Verdick









 Sometimes  I  am  sad.



Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick



  =  
Sometimes I am mad.

Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick

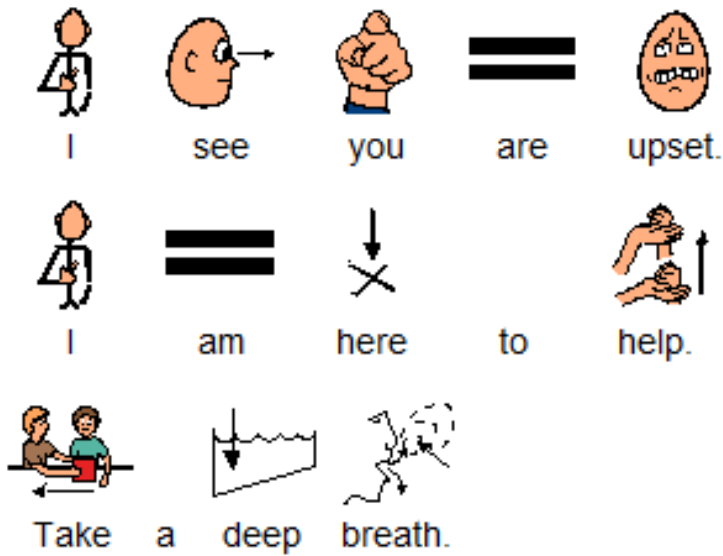


 Sometimes
  I want
  to
  scream
  and
  shout.

 I want
  to
  get
  my
  feelings
  out.












Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick



Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick

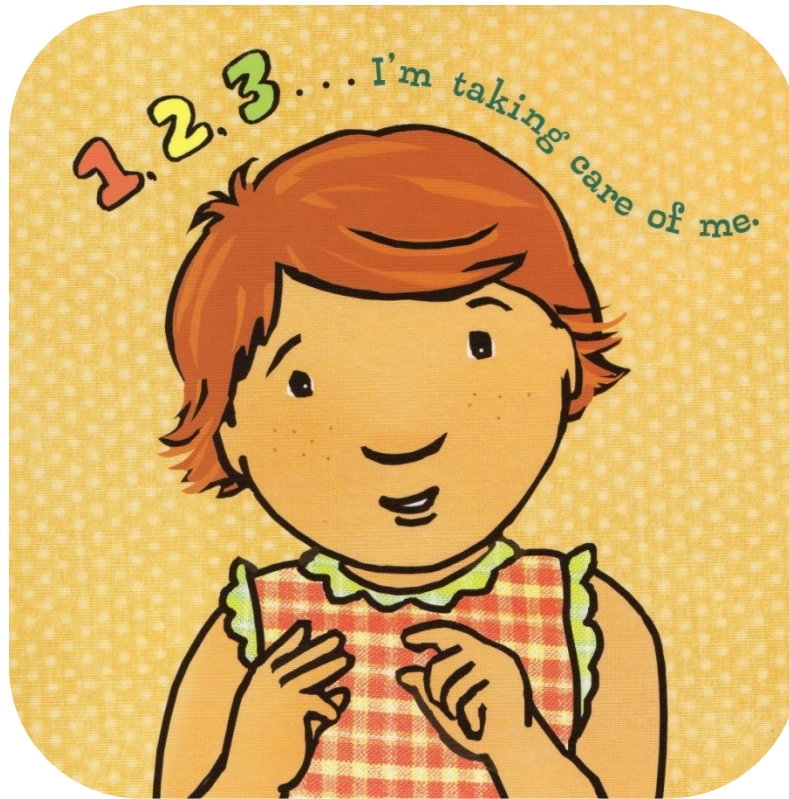


 I  can breathe  in  and  out.






 I  count  to  three.

 One  two  three

 I  am  taking  care of  me.



1 2 3
One two three

I am taking care of me.



My calm down place is a quiet place for
me to take a break.



I can put my arms around myself.

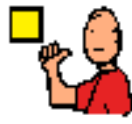


I

can



put



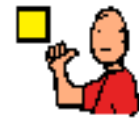
my



arms



around



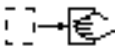









myself.



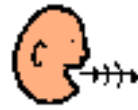
to give my body a squeeze.



 If I want, I can rock back and forth
 or side to side.





 And sing a quiet song.



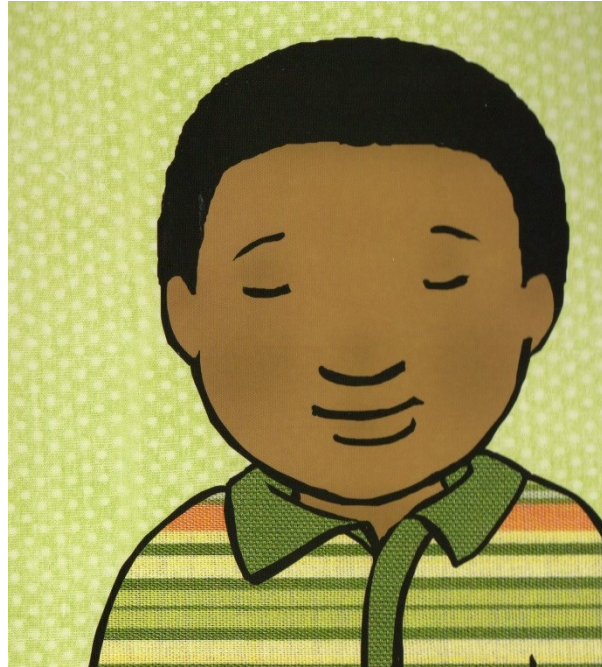
If I want, I can talk.



My words tell how I feel.



My words help me calm down.



I



can breathe

1

1,

2

2,

3

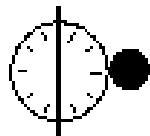
3.



I



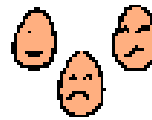
am calm as can be.



After a break,



I



feel



better.



and



so can



you.

Disclaimer

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Paul V. Sherlock Center on Disabilities / RI College
600 Mt. Pleasant Avenue, Providence RI 02908
www.sherlockcenter.org