Calming Down

When I am upset, I should say, "I am upset."



When I am upset, I should say, "I need help."



I should not screar



If I scream, I bother friends in class.



My friends cannot learn when I am screaming.



If I scream, I bother my teacher.



My teacher cannot teach her best.

I do not want to bother my teacher or my friends.



I need to calm down.



When I am calm, I may come back to class. 🥭



I must be calm in the classroom.



I must be sitting at my desk in the classroom.



When I am calm, I can learn. I am happy.

