



Recess



At recess I like to play with the other kids. Sometimes we play soccer or catch and sometimes we play parachute. Other times, we just stand around and hang out.

Usually when I join the group, my friends welcome me and say that I can play with them. Unfortunately, sometimes, the kids tell me no.



This makes me feel terrible. I want to hit kids or kick them when they tell me no or say something that they think I can't hear.



It totally sucks when they say I can't be around them. Sometimes kids can be so mean.

When one or more of the kids says something that I don't like or think is mean, I can....

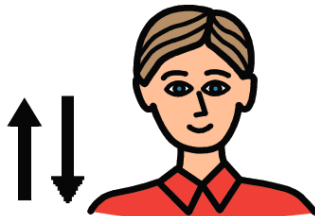
Walk away and go to a corner and hit my fist in my hand????

Walk away (how far?? Where??) and take 3 deep breaths and count to 10???

Here are some things that I can do.



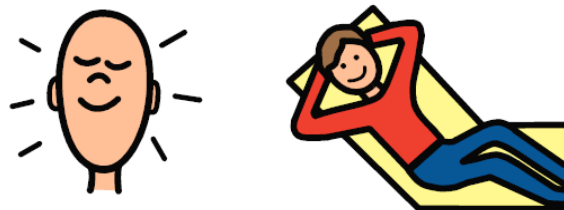
I can take 10 deep breaths slowly.



I can raise and lower my shoulders slowly 10 times.



I can sit on my hands.



If I know how to relax, it will help me to get my feelings in control. Learning how to relax myself is very important.