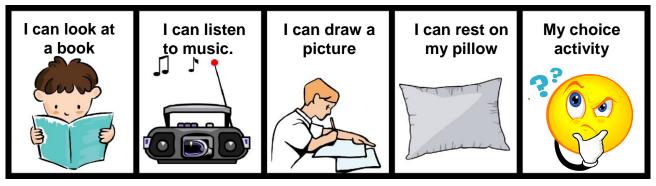
When I'm Upset Card









## Assembly and Use Instructions

- 1. Print the first page and laminate it. Cut out the "When I'm Upset," card.
- 2. Cut out the duplicate pictures and attach them with Velcro or tape, to the pictures they match. (i.e. Attach, "I can look at a book," to "I can look at a book.")
- 3. Use the card as an alternative behavior or replacement behavior choice card.
  - 4. When a particular student gets upset, offer the student another calming replacement behavior (i.e. "look at a book," "draw a picture," "listen to music,) etc.
- 5. Student will make a choice by pulling the picture off of the card and handing it to you.