

When I'm Upset Card

When I'm Upset



I can look at a book



I can listen to music.



I can draw a picture



I can rest on my pillow



My choice activity



I can look at a book



I can listen to music.



I can draw a picture



I can rest on my pillow



My choice activity





The Autism Program

AT BOSTON MEDICAL CENTER

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.**