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

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I can listen to music.
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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.