When I’m upset / frustrated / sad...

I can look at a book
I can listen to music
I can draw a picture
I can hold something to squeeze
My choice activity

I can talk to mom
I can count to 10
I can rest on my pillow
I can take a break

The Autism Program
AT BOSTON MEDICAL CENTER
When I’m upset / frustrated / sad.....

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Assembly instructions:
- Print out this page and cut out the “When I’m upset / frustrated / sad…” strip with the pictures.
- Then cut out the strip of words and tape or glue them together (front and back).
- If applicable, laminate the strip to keep for multiple uses.

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