What Can I Do When I Feel Upset?

A story for _____

Everyone gets upset sometimes

This is O.K.

When I get upset I can do something that will help me relax. I can tell myself
“ I am alright but I need to take 10 deep breaths and walk on the treadmill for 10 minutes”

When I get upset I can do something that will help me relax. I can tell myself
“ I am alright but I need to take 10 deep breaths and do my stretching exercises”

I feel better when I am calm, and proud of myself too!