

Oh No!

Sometimes I get upset.

It's okay to feel upset. Feelings are always okay.

But I can learn to do the right thing.

I can learn NO _______(problem behavior)

I can work on making good choices.

The next time I feel upset I can

(replacement behavior)



My name is _____ and I am smart.

I can learn to make good choices.

D.Guendel Inclusible.com