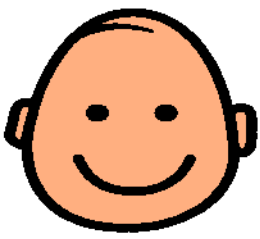


# **Assembly Instructions**

1. Print pages 1-6.
2. Trim along lines as indicated.
3. Laminate all sections; book pages and moveable symbols.
4. Cut out moveable symbols.
5. Velcro moveable symbols to corresponding location on each page. Be sure to put soft Velcro on the page, and scratchy Velcro on the moveable symbol.
6. Align pages so the script statements stack on top of one another, revealing each line in the script, when the pages are bound.
7. Spiral bind on top edge .

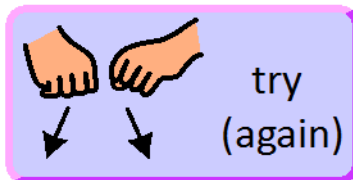
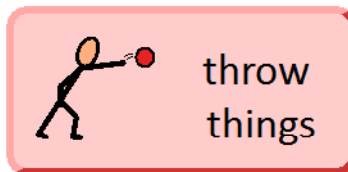
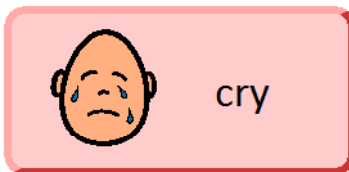
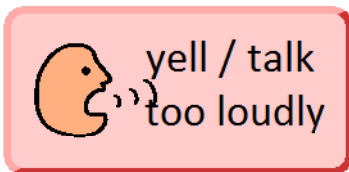
To Mask or Hide cells and limit visual distractions:

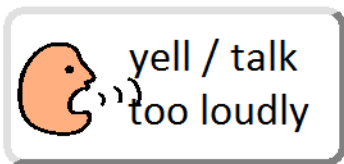
1. Print page of Masking Cells.
2. Laminate and cut out masking cells.
3. Adhere scratchy Velcro to back.
4. Laminate a blank piece of paper. Spiral bind to bottom edge. Adhere soft Velcro to inside of blank page to store masking pieces, or adhere an envelope for storage.
5. Fold blank page between pages of script to limit visual distraction of pages below, as needed.
6. Use moveable masking pieces to limit the number of available selections on each page, as needed.



# Being Calm Helps me Learn and be a Good Friend

Cut along line above.  
Cut out cells below. These are the moveable symbols.

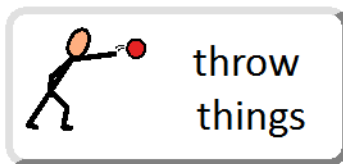




yell / talk too loudly



cry



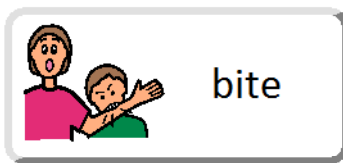
throw things



leave the environment



hit



bite



kick



slam doors

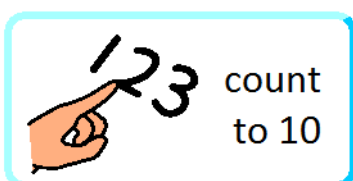
My teachers and friends do not like it when I...



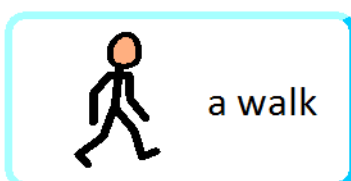
Cut along line above.  
Cut out cells below. These are the moveable symbols.



a break



count to 10



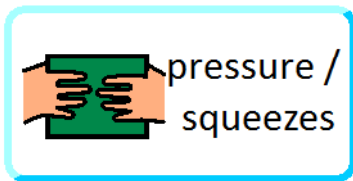
a walk



to be alone



sensory time



pressure / squeezes



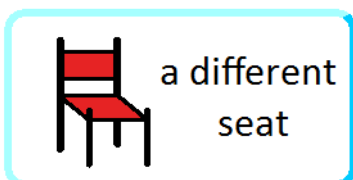
movement



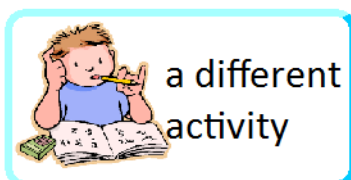
quiet, safe space



something different



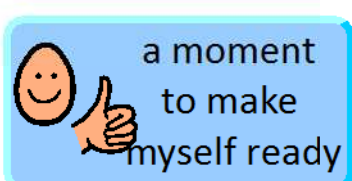
a different seat



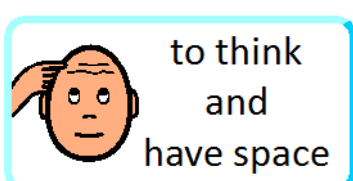
a different activity



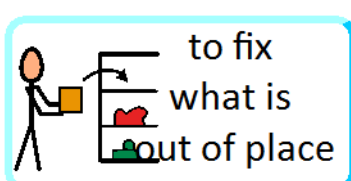
different materials



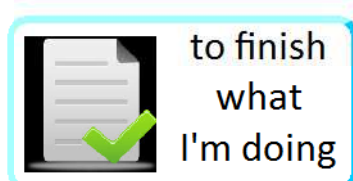
a moment to make myself ready



to think and have space



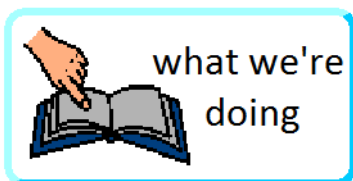
to fix what is out of place



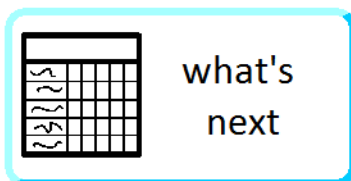
to finish what I'm doing



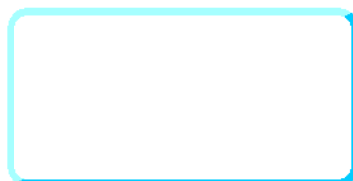
you to show me



what we're doing



what's next



frustrated mad

frustrated mad

confused disappointed

confused disappointed

annoyed sad

annoyed sad

This happens when I feel...



It makes others feel...



Cut along line above.

Cut out cells below. These are the moveable symbols.

$\begin{array}{r} 259 \\ \times 917 \\ \hline \end{array}$  The work is difficult

I want...

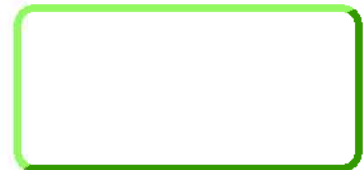
I don't like...

It is...

I don't know...

what to do

what is next.



I'm overwhelmed

too many people

too much activity

too loud.

I need...

a snack.

a drink.

help.


259  
x917  
The work is difficult

 I want...

 I don't like...


 It is...


 I don't know...

 what to do

 what is next.

I'm overwhelmed  


 too many people


 too much activity

 too loud

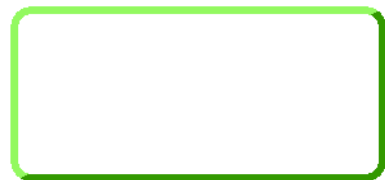
 I need...

 a snack

 a drink


 help

It happen(ed/s) because...





Cut along line above.  
Cut out cells below. These are the moveable symbols.

 frustrated


 mad

 frustrated

 mad

 confused

 disappointed


 confused

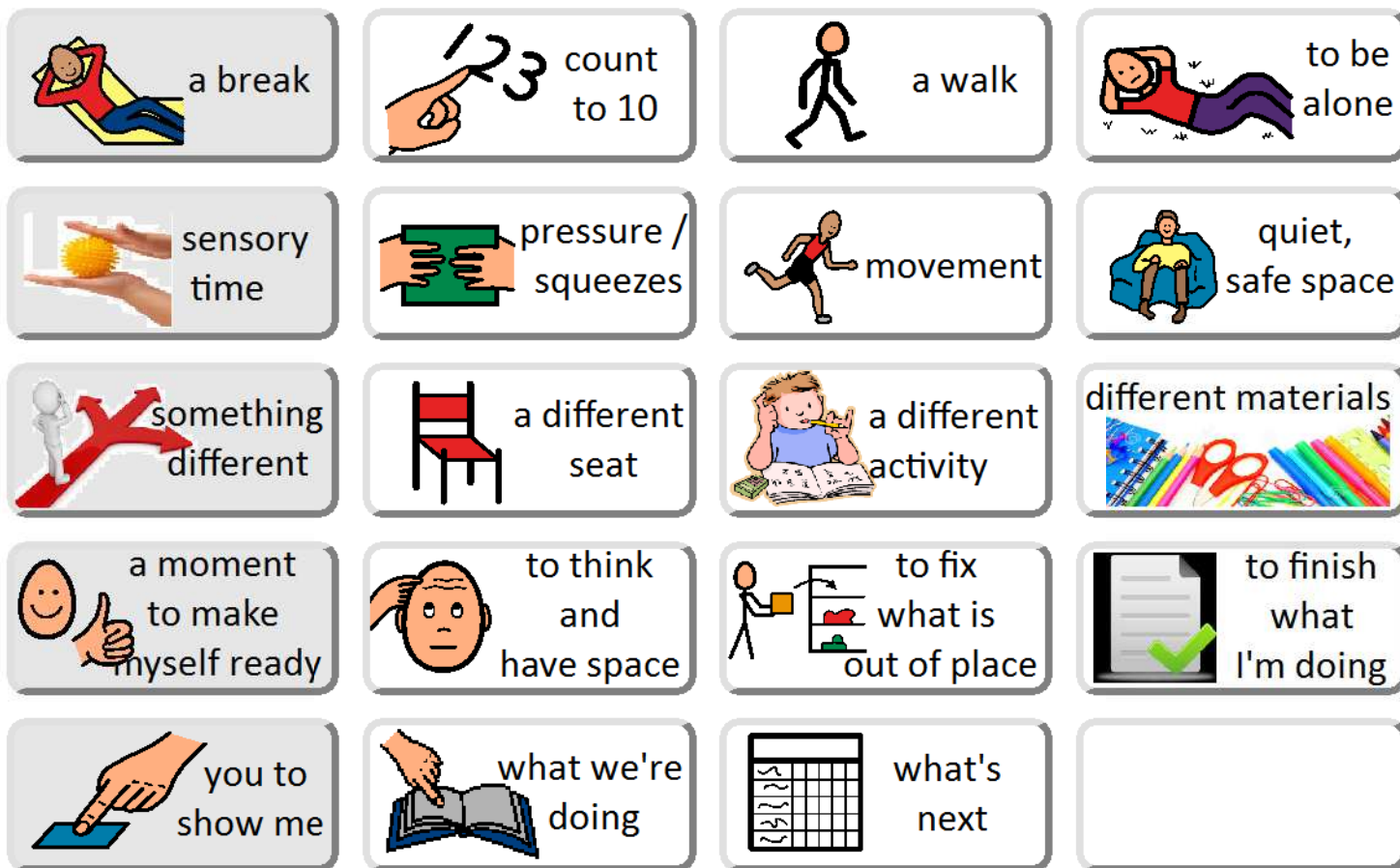
 disappointed

 annoyed

 sad

 annoyed

 sad



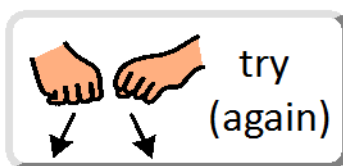
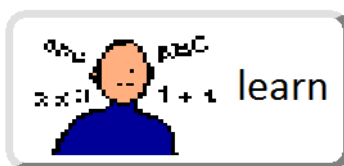
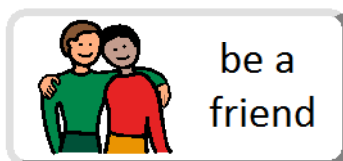
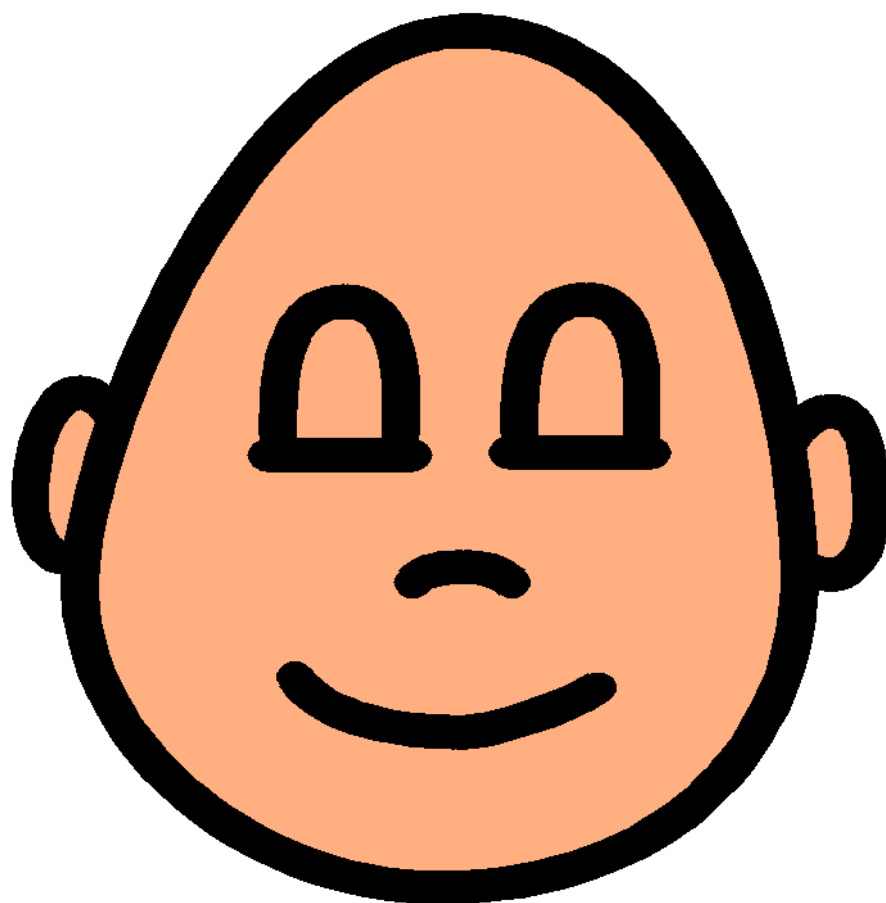
**My teachers and peers want school to be a positive place for learning. I can help by being in charge of my actions.**

**I have choices to help me stay calm.**

**I can ask for...**



Cut along line above.  
Cut out cells below. These are the moveable symbols.



Then I'm ready to...



