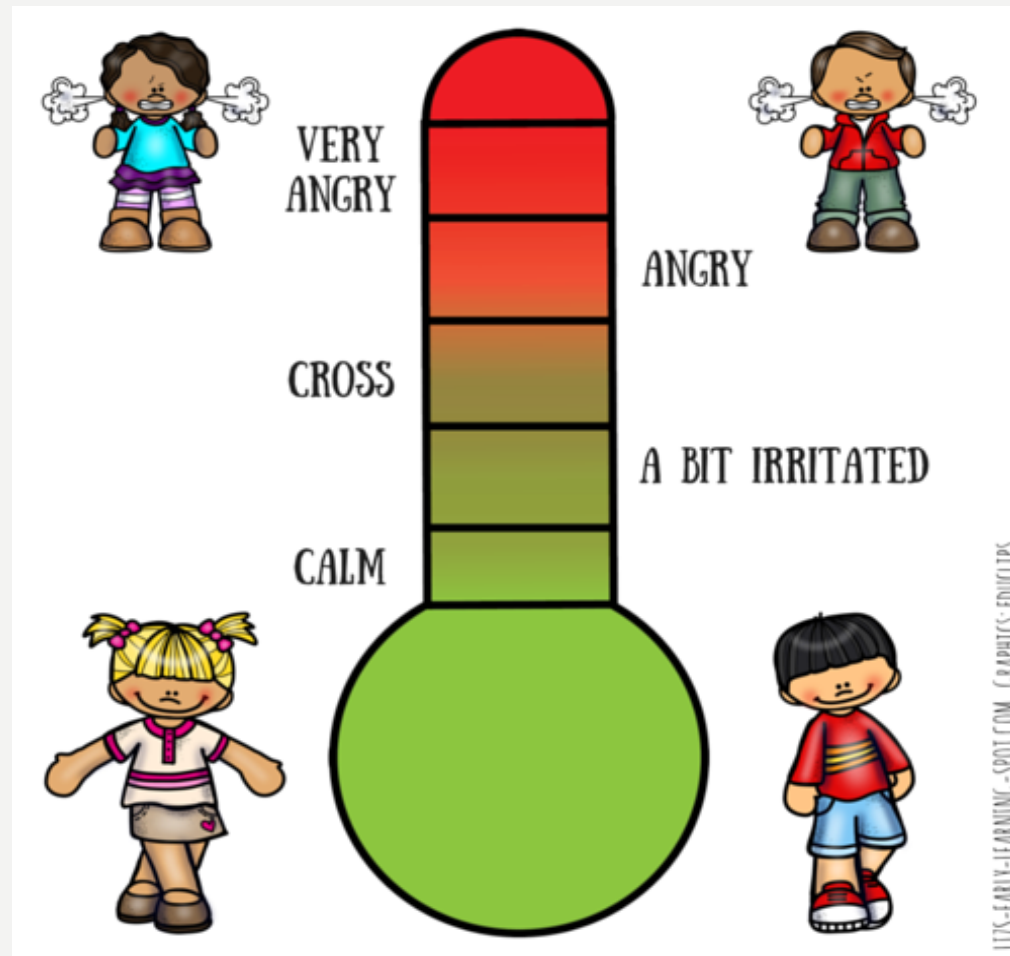
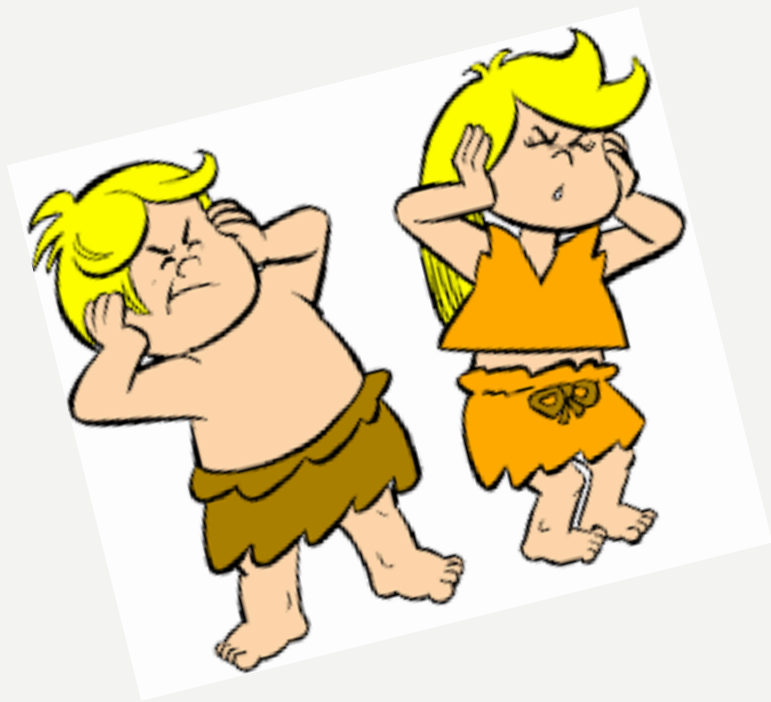


**ASKING FOR A BREAK
FROM A FRUSTRATING
ACTIVITY**



Sometimes I'm asked to do things that make me upset.



Sometimes there is too much noise. Sometimes there is too many people.



Too much noise makes my ears hurt.
And too many people makes it hard for me to focus.

IF



THEN



When I get upset, I can take a break. Breaks can help me calm down and feel better.

I think I need
a break.



I should tell my therapist when I start feeling upset.



My therapist knows that I will feel better after I take a break.
She won't be mad at me.

IF



THEN



I can take a break and feel better again!