



teachingpyramid

When I Need Space



I like to play at school.



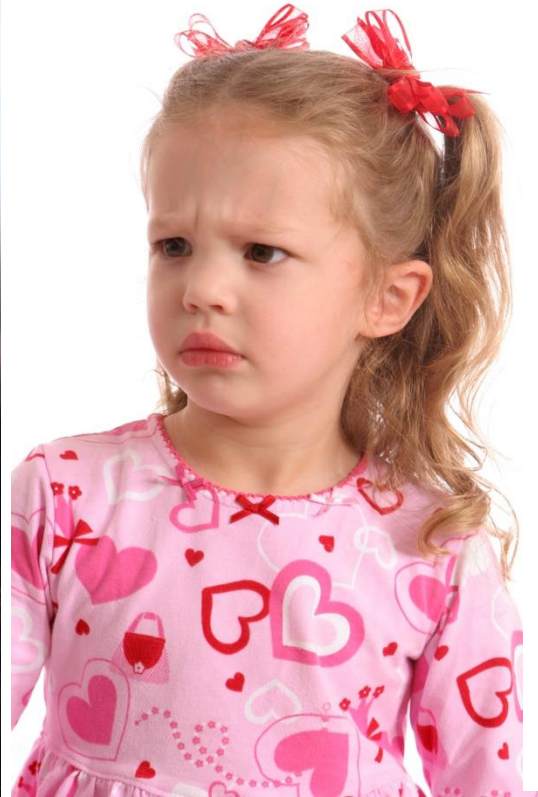
Sometimes I have a hard time.



Someone may get too close to what I am working on.



**This might make me feel angry,
really angry.**

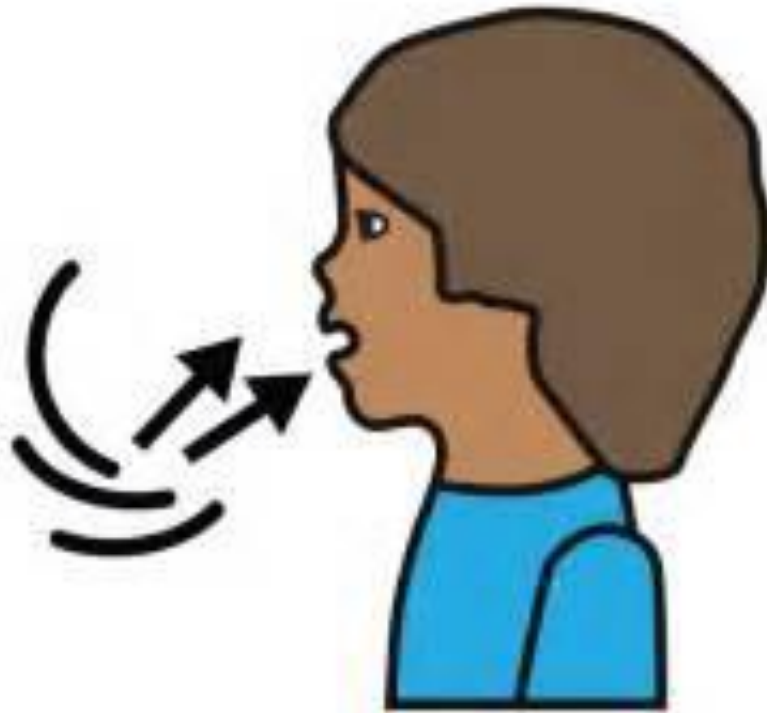


**Feeling angry is OK, however these
are things I can do to get calm.**

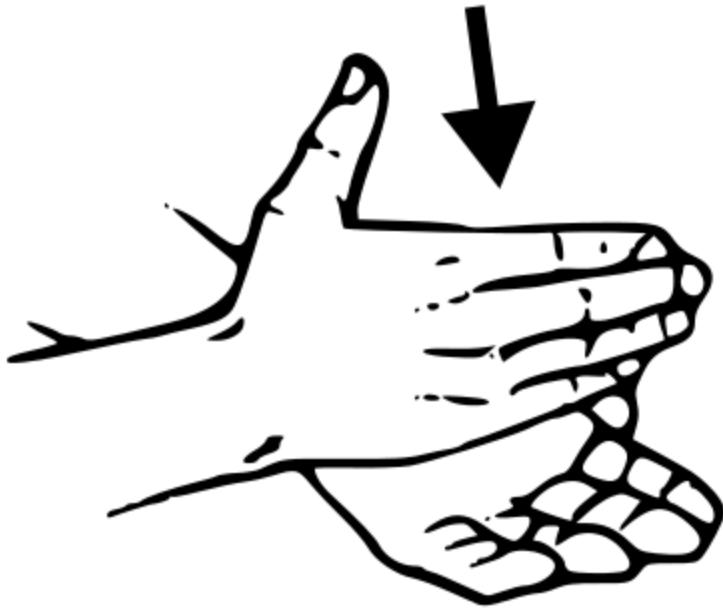


Take some deep belly breaths.

Take deep breath



**Use my words or signs to say
what I need, like “Stop”.**



stop

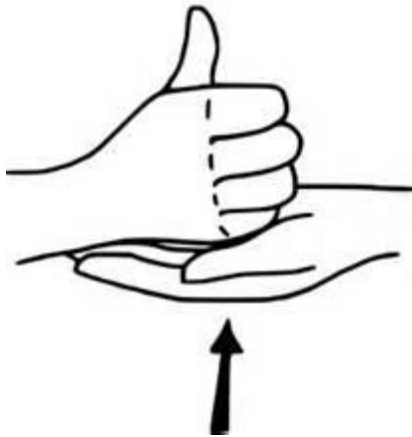


I can tell my friends, “I need space” please.



I can ask the teacher for “help”.

help



It feels good to know how to get space when I need it.

