

# The Calm Down Book



**Sometimes I feel sad.**

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Sometimes I feel very  
angry.



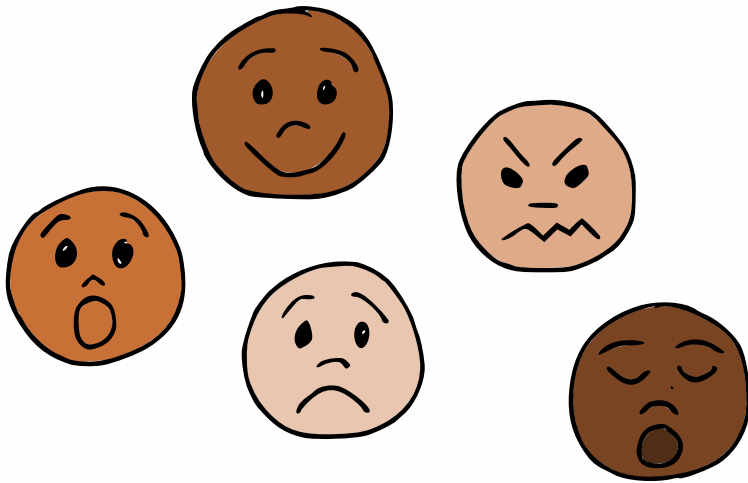
Or very frustrated.



When I feel this way, I  
can calm down.



If I cry and scream, my  
teachers can't help me.



I need to say how I  
feel.



I can breathe deeply.



I can squeeze a toy.



I can hug the bear in  
the cozy corner.



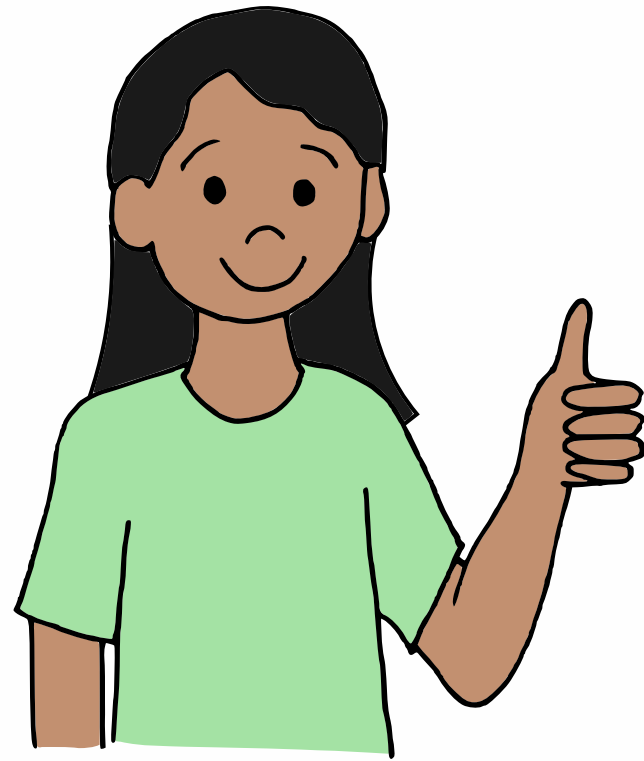
I can get a book. I like  
books.



I can ask my teacher  
for a hug. My teachers  
love me!



When I feel better, I  
can join my class again!



I'm glad to calm down! I  
am a big kid!