

When I Am Upset (not hitting)

A Social Situation



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My name is _____.

My teacher is _____.



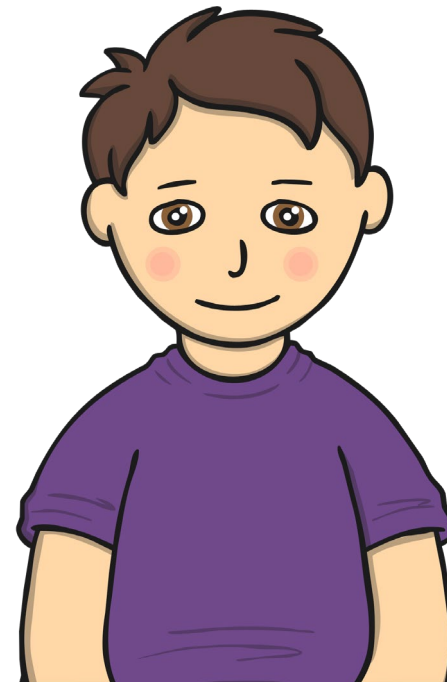
I am _____ years old and go to _____ school.

Sometimes at school I might feel _____.

I find it hard to talk when I _____.

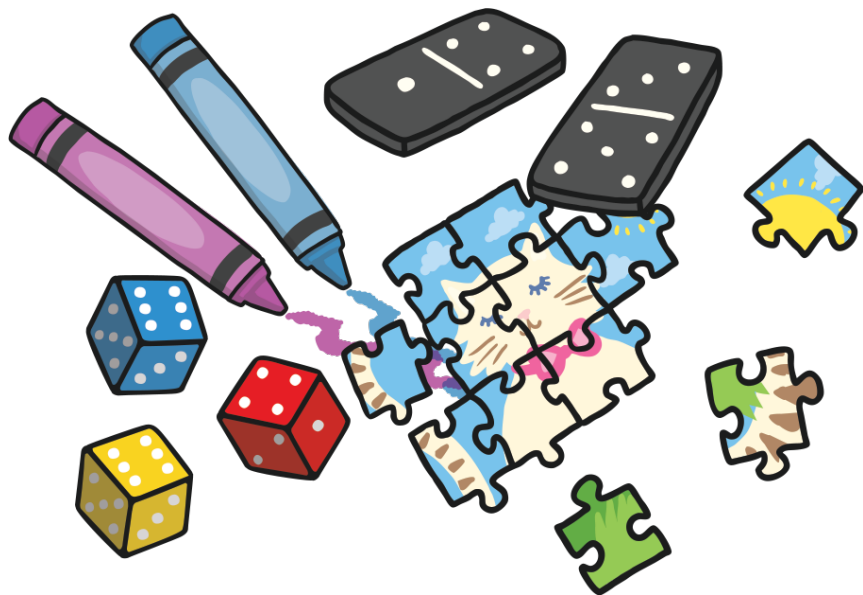
Sometimes when I am _____, I might hit.

This can make my friends and teachers sad.



I might be _____ when:

(add in what makes the child upset/sad/angry
e.g. end of break time/losing toys etc.)



My teacher will help me when I am upset.

I will try to use _____ (add in specific
strategy that is being used e.g. using an emotions
key ring etc.) _____.

My teacher will help me with this.



When I am upset I can:

- Take a break
- Have a drink of water
- Take a depth breath
- Count to 10
- [add in strategies used specific to the student]
- This is OK. Soon, I will feel better.

