



# Making Good Choices



Sometimes, I have big feelings, like feeling angry, sad, or frustrated. That's okay! Everyone feels this way sometimes. When I feel like this, I can choose what to do next. Making good choices helps me feel better and keeps people around me safe and happy.



When I make a good choice, everyone feels proud of me, and I feel proud of myself too. A good choice means doing something that helps me stay calm and feel better. I can ask an adult for help, take deep breaths, or play with something I like. When I make good choices, I can avoid hurting anyone or breaking things.



Take deep breaths: When I feel angry, I can stop and take three big breaths.



**Ask for help:** If I'm not sure what to do, I can ask an adult to help me calm down.



I'm upset

I need a  
break

Use my words: I can say how I feel by saying, "I'm upset," or "I need a break."



Play with something else: If I'm frustrated, I can play with a toy I like or read a book.



Sometimes, I might feel so upset that I want to throw things or hit people. But this isn't a good choice because it can hurt others or break my things. If I don't make a good choice, people might feel sad, and I might feel sad too. But I can always try again and make a good choice next time.



When I make a good choice, I stay calm, and everyone is happy. I can also earn fun things, like extra playtime or special rewards! Good choices help me feel strong and in control of my feelings.



The next time I feel big emotions, I will try to remember to make a good choice. This will help me feel better and show everyone that I am doing my best! I can make good choices, and I am proud of myself when I do!