



Together for Neurodiversity
Empowering Futures, Embracing Differences



Making Good Choices



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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.



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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.



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



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



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



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



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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.



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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!