



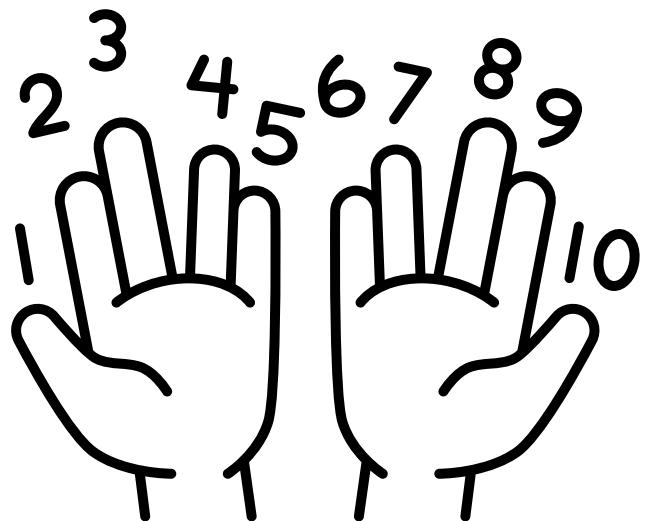
# When Things Don't Go My Way



I might not get to play my Xbox when I want, or someone might say no to something I ask for. That can make me feel upset, frustrated, or even angry.



Everyone feels upset sometimes when things don't happen like they expected. But even when I feel this way, there are things I can do to help myself feel better.



Breathing in slowly and breathing out can help me feel calmer. I can count to 10 in my head or squeeze a soft toy. This gives me time to think about what's happening.



Taking a break helps me calm down when I feel upset. I can go to a quiet space, sit down, and do something that makes me feel better, like drawing, listening to music, or reading.



When I stay calm, I can talk to someone about how I'm feeling. I can say, "I feel upset because things didn't go my way," or "I need help to feel better."



People are proud of me when I handle my feelings in a calm way. I feel proud too! Staying calm means I can move on to the next thing and find something else fun to do.



Sometimes, things don't go the way I want, and that's okay.

But I know how to stay calm and make the best of it!