



Together for Neurodiversity
Empowering Futures, Embracing Differences



When Things Don't Go My Way



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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.



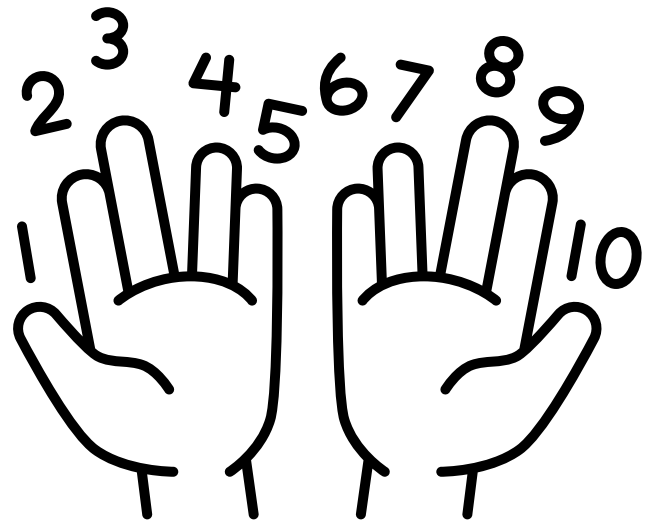
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Everyone feels upset sometimes when things don't happen like they expected. But even when I feel this way, there are things I can do to help myself feel better.



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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.



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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.



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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."



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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.



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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!