

When my
Friends
are Upset





Sometimes my friends get upset at school.



It makes me feel sad and anxious when they are upset.

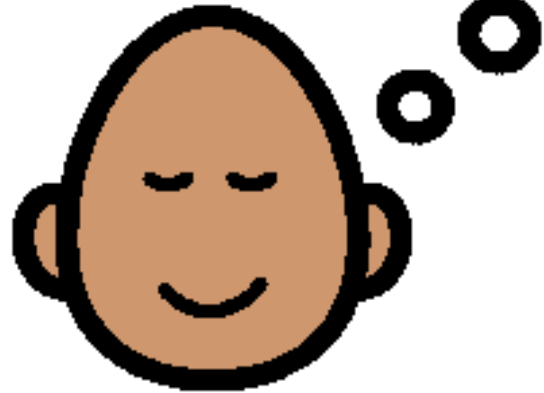


I can ask them “Are you okay?” “Do you need help?” or “How can I make it better?”



It's important that I keep calm when my friends are upset. I can take some deep breathes.

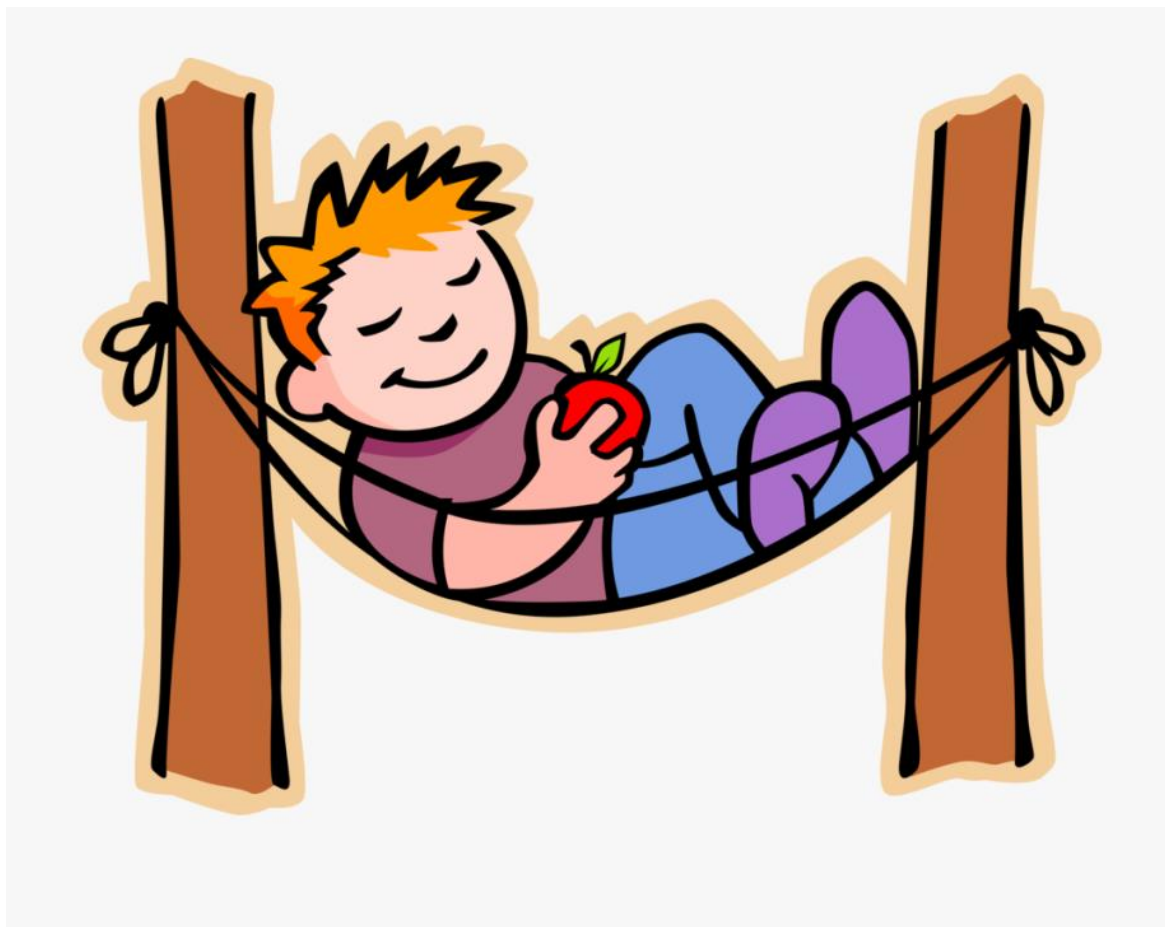
1 2 3 4 5
6 7 8 9 10



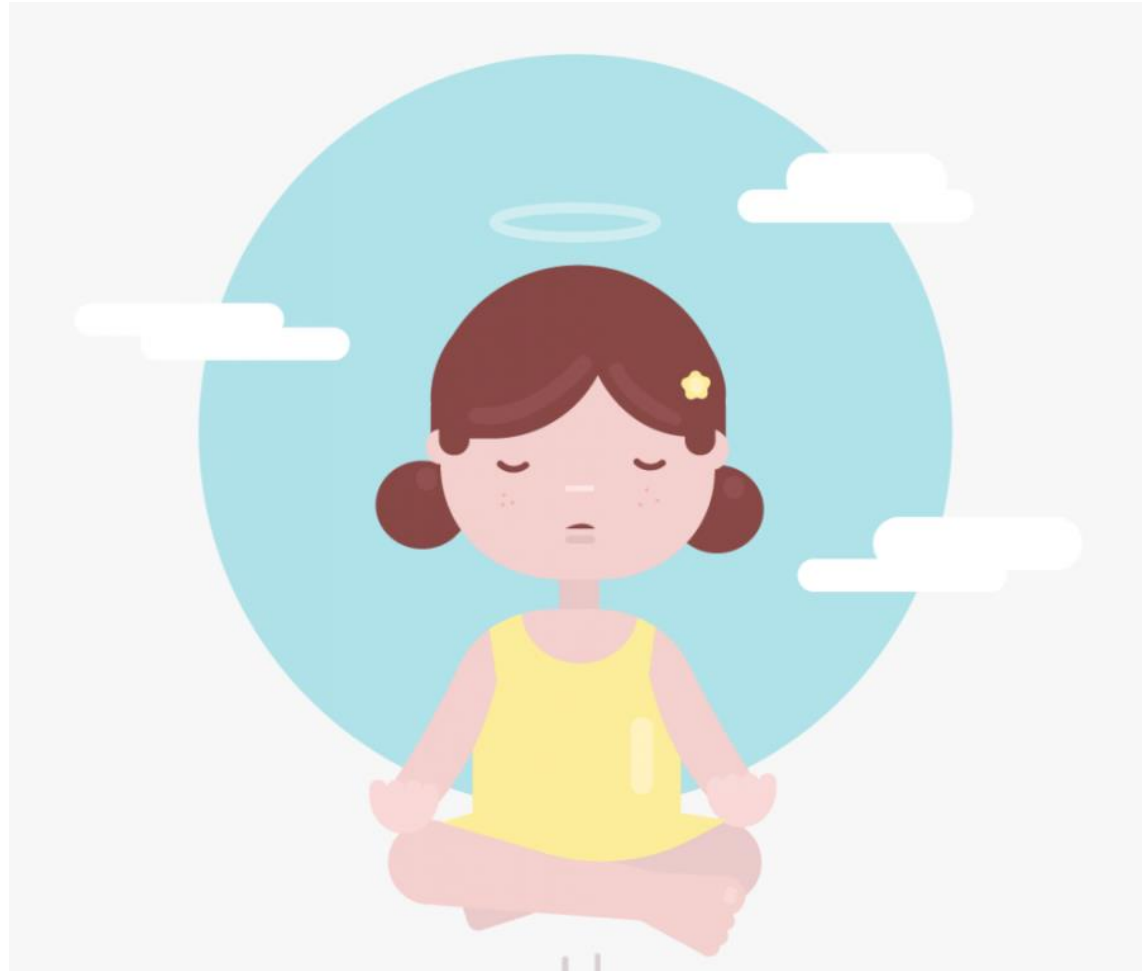
I can count to 10.



I can ask a teacher for help.



I can even ask for a break.



It's important to stay calm when my friends are upset, so that I can help them!



I like helping my friends!