



## Time to Turn It Off

I like to watch TV. I like to be on my device.



Sometimes my family says I have to turn off the TV or my device.

Turning off the TV or my device makes me upset.



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When I feel upset, I might:

- Want to yell



- Want to cry



- Want to throw something





- Want to hit someone

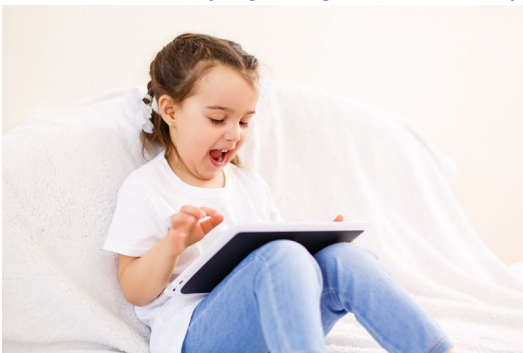


Instead, when I am upset, I could try to:

- Ask to finish the TV show I am watching



- Ask to finish playing the game or activity on my device



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- Ask my family for something else to do



- Breathe in for 4 seconds, hold my breath for 7 seconds and breathe out for 8 seconds



- Get up and move, bounce on a big ball, jump on a trampoline



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- Take a walk



When I try to do these other things when I am upset, I may feel better.

Trying to do these things when I am upset will make my family feel better.



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