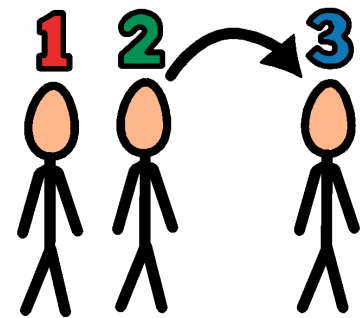
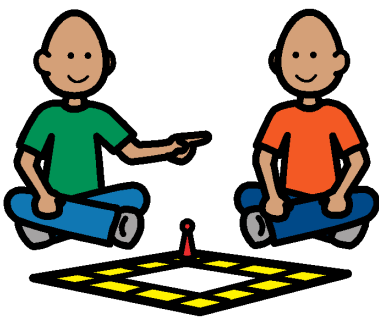


How to be Good at Taking Turns

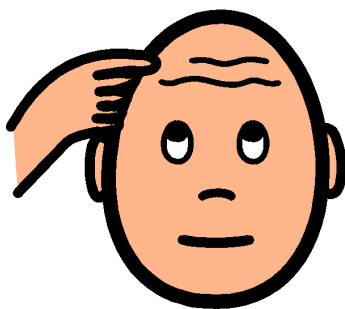
When we play some games, we will all take turns. We might have a turn to be 'it'. We might have a turn to be 'out'. Everyone likes to have a turn so it is important to share turns.

I might not get a turn with every game.

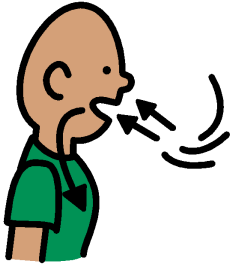
It's OK, I might get a turn next time.



I may feel frustrated or angry when I am not picked to have a turn or if I have to wait to have a turn. Other people also feel frustrated or angry when they don't have a turn or have to wait to have a turn.



There are lots of things I can do if I feel frustrated when I don't get a turn, or when I have to wait for my turn.



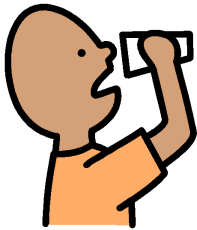
I might take 10 big deep breaths.



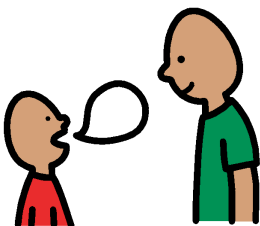
If I don't get a turn to play, I might play a game by myself.



I might have a rest in a quiet space.



I might drink some water.



I might tell my parents or teacher how I feel.

I will be a Good Sport if I try to do these things to calm down after not having a turn or having to wait for my turn.

