

### Introducing myself



Introducing myself

1. Think 'is this someone I want to meet?'
2. Think 'is this a good time' (does the person look busy?)

Walk up to the person, and say 'Hi, my name

is \_\_\_\_\_ or the person to tell their name.

### Listening in a conversation



Listening in a conversation

1. I look at who is speaking (though don't stare).
2. I turn my body toward the speaker.
3. I nod my head to show I am listening.
4. I don't interrupt the speaker.

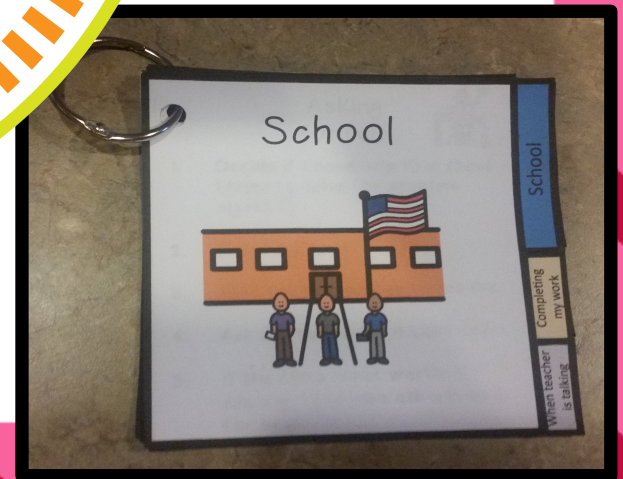
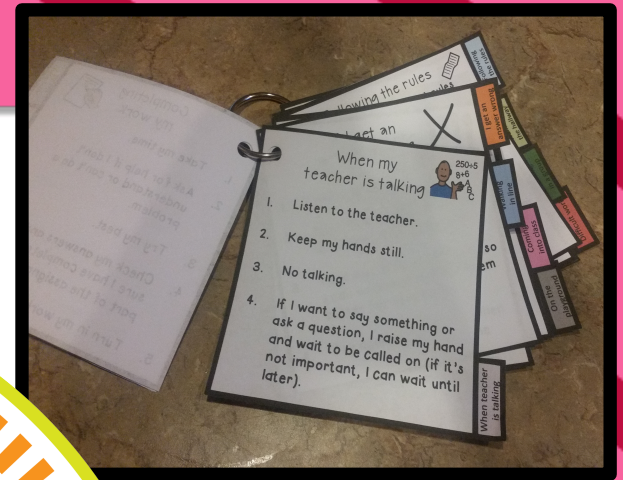
### Personal space



Personal space


1. Personal space is like an invisible ring around each person.
2. I can measure personal space by holding out my arm. This is called "an arms length".
3. When I am with other people I should not get into their personal space.
4. I will stand an arms length away from them.

# 85 social skills cue cards



# Directions

Print out the desired social cue cards and laminate (or print onto card stock, though I find laminating the cards makes them more durable). Social skill category cards have been provided to separate skills if needed, though these are optional. Cut out the appropriate tab (4 tabs have been provided) so that cards can be layered on top of each other and each label tab can be viewed.

Introducing myself 


1. Think 'is this someone I want to meet?'
2. Think 'is this a good time' (does the person look busy?)
3. I will walk up to the person, smile and say 'Hi, my name is...'
4. I wait for the person to tell me their name.

Introducing myself

Introducing myself

Introducing myself

Introducing myself

Saying "Hi" 

1. I will look at the person.
2. I will smile
3. I will say 'Hi' or 'Hey'
4. I wait for the person to tell me their name.

Saying "Hi"

Saying "Hi"

Saying "Hi"

Saying "Hi"



Saying "Hi" 

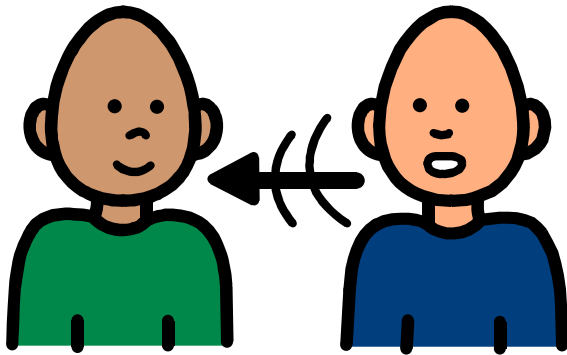
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2. I will smile
3. I will say 'Hi' or 'Hey'
4. I wait for the person to tell me their name.

Saying "Hi"

Introducing myself

# Directions

## Conversation



Conversation

Saying "Hi"

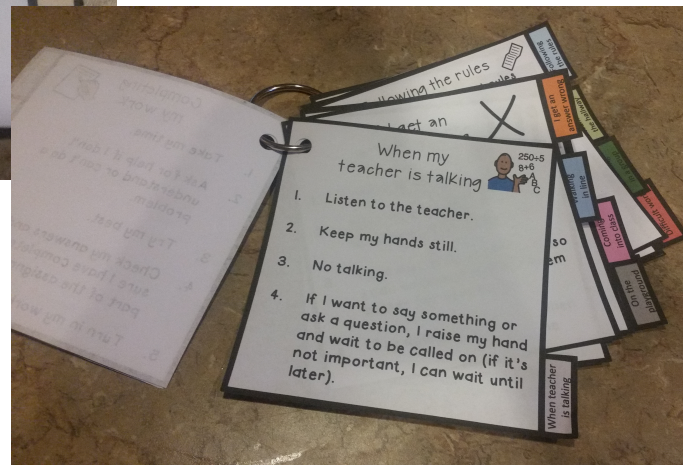
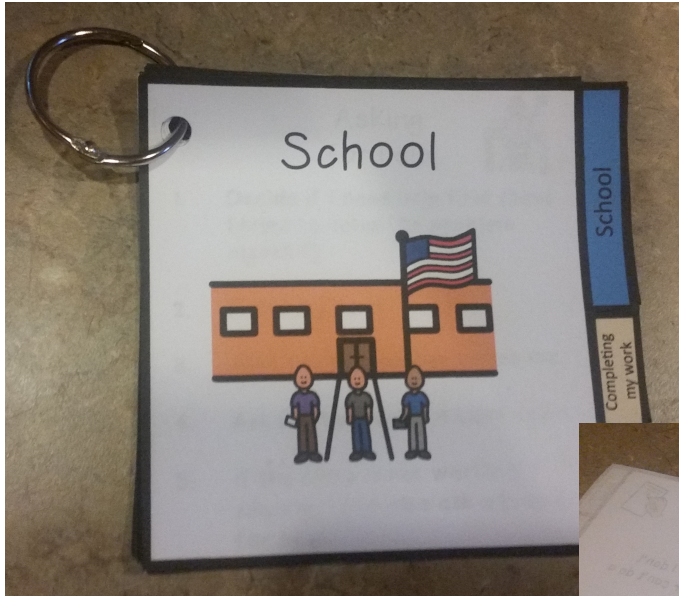
Introducing myself

School

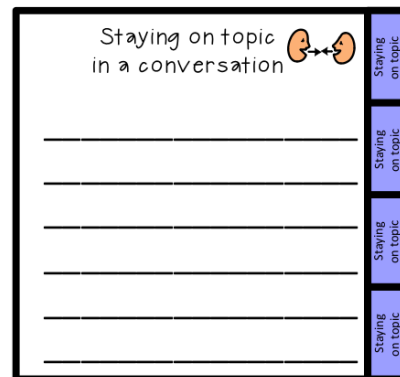
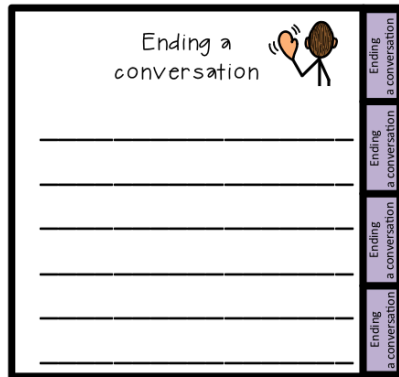
If using a social skills category card to divide the skills, again, choose the appropriate tab and cut out/discard the unwanted tab

4. I wait for the person to tell me their name.

# Directions



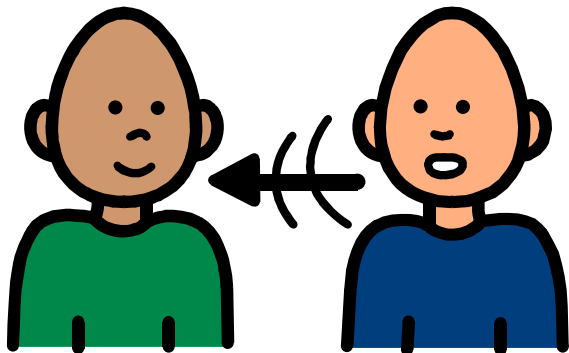
Punch a hole in the top left corner of each card. Connect the cards together using a book ring.



If you wish to personalize the directions for each skill, blank cards have been provided. Hand write the personalized bullet points onto the cards before you laminate.

# Conversation

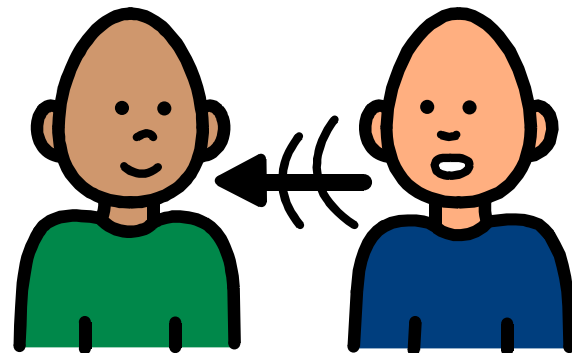
Conversation



Conversation

Conversation

Conversation



Conversation

## Saying "Hi"



Saying "Hi"

Saying "Hi"

Saying "Hi"

Saying "Hi"

1. I will look at the person.
2. I will smile
3. I will say 'Hi' or 'Hey'

## Introducing myself



Introducing myself

Introducing myself

Introducing myself

Introducing myself

1. Think 'is this someone I want to meet?'
2. Think 'is this a good time' (does the person look busy?)
3. I will walk up to the person, smile and say 'Hi, my name is...'
4. I wait for the person to tell me their name.

## Saying "Goodbye"



1. Think 'am I about to leave?' or 'do I need to leave?'. If yes. . .
2. I look at the person or the people in the group.
3. I smile and say "Bye" or "See you later".
4. I can also wave when I leave.
5. If someone leaves me or leaves the group I will say "Bye" to them as they leave.

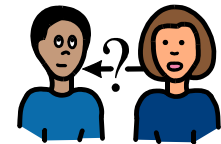
Saying  
"goodbye"

Saying  
"goodbye"

Saying  
"goodbye"

Saying  
"goodbye"

## Asking questions



1. I ask questions to find out about others.
2. I ask questions when I don't understand.
3. I ask questions when I want to find out more.

**\*Question words\*:** Who, What, Why, When, Why, How.

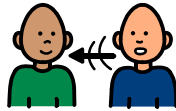
Asking  
questions

Asking  
questions

Asking  
questions

Asking  
questions

## Starting a conversation



1. I look at the person I want to talk to.
2. I think 'does their body language show they want to talk to me?'
3. I wait for a good time to start talking (Is the person busy? Is someone already talking to them? Are they talking right now?).
4. I start talking using a friendly tone of voice.

Starting a conversation

Starting a conversation

Starting a conversation

Starting a conversation

## Listening in a conversation



1. I look at who is speaking (though don't stare).
2. I turn my body toward the speaker.
3. I nod my head to show I am listening.
4. I don't interrupt the speaker.

Listening in a conversation

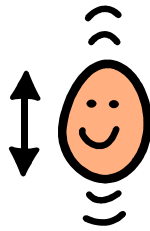
Listening in a conversation

Listening in a conversation

Listening in a conversation



Show you  
are interested in  
a conversation



1. I nod my head to show I am listening.
2. I make comments on what the speaker is talking about ('wow', 'that's cool', 'no way', 'seriously?').
3. I ask questions that are on topic to the conversation.

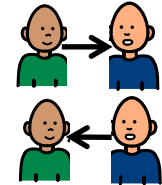
Show interest in  
a conversation

Show interest in  
a conversation

Show interest in  
a conversation

Show interest in  
a conversation

Taking turns  
in a conversation



1. I talk, then my friend talks, then I talk, then my friend talks.
2. If I keep talking and talking, this is not taking turns.
3. If I don't say anything, this is not taking turns.
4. I ask on topic questions.
5. I make comments on my friend's conversation, or I add my own on topic thoughts.

Taking turns in  
a conversation

Taking turns in  
a conversation

Taking turns in  
a conversation

Taking turns in  
a conversation

## Ending a conversation



1. I think about whether and when I need to end a conversation.
2. I wait until the other person stops talking.
3. I use friendly words to end the conversation 'it was nice talking to you', 'I've got to go now', 'see you later'.

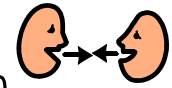
Ending  
a conversation

Ending  
a conversation

Ending  
a conversation

Ending  
a conversation

## Staying on topic in a conversation



1. I listen to what my friend is talking about.
2. I laugh at the right times.
3. I ask my friend questions about what they have just said.
4. I make comments to show sameness ('me too', 'I really like that').
5. I talk about the same thing my friend is talking about.

Staying  
on topic

Staying  
on topic

Staying  
on topic

Staying  
on topic

When someone is  interested in talking to me



1. They will look at me and smile.
2. They will turn their body to face me.
3. They will respond to me or answer my questions when I speak to them.
4. They may ask me a question first or make a comment while looking at me.

Someone interested

Someone interested

Someone interested

Someone interested

When someone  is not interested in talking to me 

1. They may turn their bodies away from me.
2. They do not answer me when I speak to them.
3. They start talking quietly so I cannot hear them.
4. They may roll their eyes when I talk to them.

Someone not interested

Someone not interested

Someone not interested

Someone not interested

When someone is  interested in talking to me

I should:



1. Answer their questions
2. Ask them questions
3. Smile and use a friendly tone of voice.
4. Turn my body toward them and look at them.

Interested  
'I should'

Interested  
'I should'

Interested  
'I should'

Interested  
'I should'

When someone  is not interested in talking to me 

I should:

1. Walk away.
2. Think 'it's ok, I can find someone else to talk to'.
3. Talk to someone else.

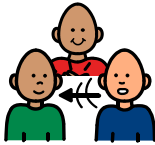
Not interested  
'I should'

Not interested  
'I should'

Not interested  
'I should'

Not interested  
'I should'

## Joining in on a conversation



1. I walk up to the people who are talking.
2. I listen to what they are talking about (so I know the topic).
3. I wait for a good time to talk (when someone stops talking).
4. I start talking by asking a question or making an on topic comment about their conversation.

Joining in on  
a conversation

Joining in on  
a conversation

Joining in on  
a conversation

Joining in on  
a conversation

When someone  
is bored they may...



1. Look at the floor.
2. Look away from me or look around the room.
3. Yawn.
4. Slouch their bodies.
5. Start fidgeting with something.

I should:

1. Change the topic.
2. Ask them a question.

Someone  
is bored

Someone  
is bored

Someone  
is bored

Someone  
is bored

## Making eye contact



I look at a person's eyes when:

1. They ask me a question or they are talking to me.
2. I ask them a question.
3. I am having a conversation with someone.
4. I am trying to get someone's attention.

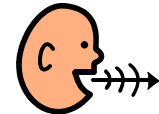
Making eye contact

Making eye contact

Making eye contact

Making eye contact

## Things to talk about with my friends



1. Video games
2. The movies
3. Music
4. Sports
5. Holidays
6. T.V
7. What they did at the weekend.
8. Vacations
9. Books
10. Hobbies
11. Pets

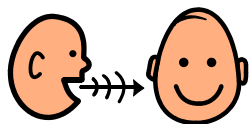
Things to talk about

Things to talk about

Things to talk about

Things to talk about

## Giving compliments



A compliment is a nice thing to say and it makes friends feel good. Some compliment words are:

1. Good job.
2. That's cool.
3. I like your .....
4. Great.....
5. Way to go.
6. Your ..... looks awesome.
7. You're a good .....

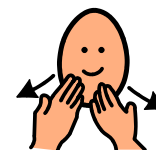
Giving compliments

Giving compliments

Giving compliments

Giving compliments

## Receiving compliments



1. I smile, look at the person and say "Thank you"
2. I make an on topic comment related to the compliment given.
3. I can give a compliment back.

Receiving compliments

Receiving compliments

Receiving compliments

Receiving compliments

## Interrupting



1. I first decide, is this important or can it wait for later?
2. If it's important, I wait until the person stops talking, then say "Excuse me".
3. When the person looks at me, I can then tell them/ask them what I need to.
4. If it's a real emergency, it's ok not to wait for the person to stop talking before I speak.

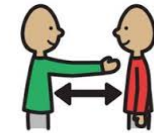
Interrupting

Interrupting

Interrupting

Interrupting

## Personal space



1. Personal space is like an invisible ring around each person.
2. I can measure personal space by holding out my arm. This is called "an arms length".
3. When I am with other people I should not get into their personal space.
4. I will stand an arms length away from them.
5. If someone gets into my personal space, I will quietly take a step back.

Personal space

Personal space

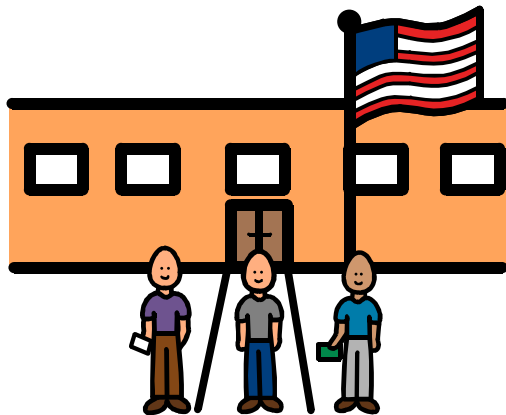
Personal space

Personal space



# School

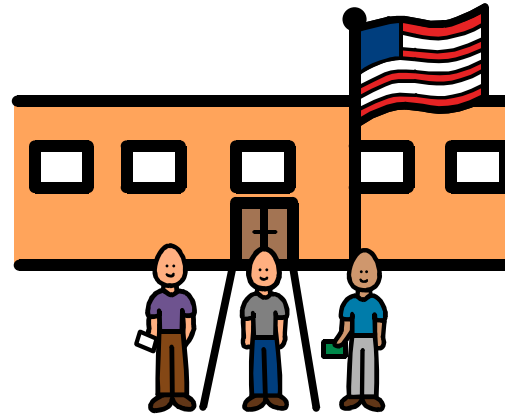
School



School

School

School



School

## Asking for help



1. Decide if I need help first (have I tried to solve the problem myself?)
2. Raise my hand.
3. Wait for my teacher to see me.
4. Ask for help using a calm voice.
5. If the class is not working silently, I can also ask a friend for help.

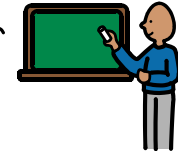
Asking for help

Asking for help

Asking for help

Asking for help

## When my teacher gives directions



1. Listen to the directions.
2. If I don't understand the directions, I can ask my teacher a question.
3. Calmly follow the directions.
4. Following rules keeps me and my classmates safe

Teacher directions

Teacher directions

Teacher directions

Teacher directions

## Completing my work



1. Take my time.
2. Ask for help if I don't understand or can't do a problem.
3. Try my best.
4. Check my answers and make sure I have completed each part of the assignment.
5. Turn in my work.

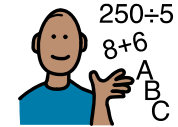
Completing my work

Completing my work

Completing my work

Completing my work

## When my teacher is talking



1. Listen to the teacher.
2. Keep my hands still.
3. No talking.
4. If I want to say something or ask a question, I raise my hand and wait to be called on (if it's not important, I can wait until later).

When teacher is talking

When teacher is talking

When teacher is talking

When teacher is talking

If I get an  
answer wrong



1. I will stay calm.
2. Think 'it's ok, everyone gets an answer wrong sometimes'
3. I ask my teacher to help me so I can understand the problem better for next time.
4. Try again.

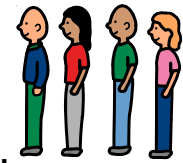
I get an  
answer wrong

I get an  
answer wrong

I get an  
answer wrong

I get an  
answer wrong

Walking in line



1. Be quiet (no talking).
2. Don't cut in line.
3. Keep my hands, feet and body to myself.
4. Don't stand too close to the person in front of or behind me.
5. Face forward and walk when the person in front of me walks.

Walking  
in line

Walking  
in line

Walking  
in line

Walking  
in line

## Arriving to class



1. I walk into class quietly.
2. Unpack my book bag.
3. Put my book bag and anything else I have brought to school in my cubby/on my hook.
4. Sit quietly at my desk.
5. Complete my usual morning routine or wait for my teacher's directions.

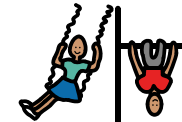
Coming  
into class

Coming  
into class

Coming  
into class

Coming  
into class

## On the playground



1. Ask friends if they want to play or if I can play with them.
2. Sometimes friends will not always want to play my game. I can let my friends choose the game.
3. Keep my hands and feet to myself.
4. I follow the rules on the playground.
5. Listen to my playground teacher.
6. Line up quietly when my teacher tells me or my class to line up.

On the  
playground

On the  
playground

On the  
playground

On the  
playground

## Following the rules



School has many different rules that are important to follow:

1. Stay in my seat during class work.
2. Raise my hand to talk.
3. Line up quietly.
4. Talk quietly in the library.
5. No running in the hallway.
6. Keep my hands and feet to myself.
7. No yelling inside the school building (unless it's a real emergency).

Following the rules

Following the rules

Following the rules

Following the rules

## Walking in the hallway



1. Walk quietly in the hallway (don't stomp feet).
2. Walk slowly (no running, skipping, spinning).
3. Keep hands off the walls and displays.
4. Go straight to where I should be going (don't stop at other classrooms).
5. Talk in a quiet voice.

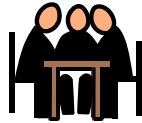
Walking in the hallway

Walking in the hallway

Walking in the hallway

Walking in the hallway

## Working in a Group



1. Take turns talking.
2. Listen to others when they are talking.
3. Listen to others' ideas.
4. Share my ideas (participate).
5. Respect other people's ideas (don't be rude if you disagree with their ideas).
6. Stay on task.
7. Stay with my group.
8. Talk quietly.

Working  
in a group

Working  
in a group

Working  
in a group

Working  
in a group

## Difficult work

$$\begin{array}{r} 259 \\ \times 917 \\ \hline \end{array}$$

1. Take my time.
2. Try my best to figure it out or complete it myself.
3. If it's still too difficult, ask for help.
4. Take a short break or take deep breaths if I get frustrated.

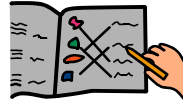
Difficult work

Difficult work

Difficult work

Difficult work

## Homework



1. Write my homework in my planner.
2. Make sure my worksheets and books are put in my book bag at the end of the day.
3. Complete my homework at home (get my parents to help me if I need help).
4. Put my completed work into my book bag.
5. Turn in my homework when I get back to school/it is due

Homework

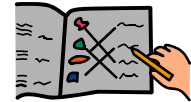
Homework

Homework

Homework

## Homework- 2 versions

## Homework



1. Put my homework in my take home folder.
2. Put my take home folder in my book bag.
3. Complete my homework at home (get my parents to help me if I need help).
4. Put my completed work back into my take home folder and put it into my book bag.
5. Turn in my homework when I get back to school/it is due.

Homework

Homework

Homework

Homework



## When I want to answer in class



1. Think 'am I sure I know the answer?'
2. Raise my hand and wait to be called on.
3. Keep quiet until I am called on.
4. Answer the question clearly when my teacher calls on me.
5. Stay calm if I don't get called on (my teacher cannot call on me every time).

I answer  
in class

I answer  
in class

I answer  
in class

I answer  
in class

## When other students are answering in class



1. I listen as the other students are talking.
2. Stay quiet (don't talk or interrupt them).
3. If I want to add something to what they have said, I will raise my hand and wait to be called on.

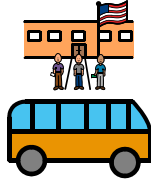
Other students  
answer

Other students  
answer

Other students  
answer

Other students  
answer

## Riding the bus (going to school)



1. I stand on the sidewalk while I wait for the bus.
2. When I get on the bus I will sit down on a seat as soon as I can.
3. I stay in my seat while the bus is moving.
4. I use an inside voice while talking to other kids on the bus (no yelling or distracting the driver).
5. I walk off the bus calmly when the bus stops at my school.

Bus ride  
(school)

Bus ride  
(school)

Bus ride  
(school)

Bus ride  
(school)

## Riding the bus (going home)



1. I sit down in an empty seat.
2. I stay in my seat when the bus is moving.
3. I use an inside voice while talking to other kids on the bus.
4. When the bus arrives at my stop, I stay in my seat until the bus stops.
5. When the bus stops, I will walk calmly off the bus.

Bus ride  
(home)

Bus ride  
(home)

Bus ride  
(home)

Bus ride  
(home)

## Announcements



When I hear announcements (on the intercom, T.V, in the classroom/ assembly) I will:

1. Listen
2. Not talk
3. Pay attention and listen incase any of the announcements are important to me.
4. I can write down important announcements so I don't forget them (I can also let my parent know so they can help me remember them).

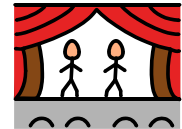
Announcements

Announcements

Announcements

Announcements

## Programs and assemblies



1. I walk into the theatre quietly.
2. I sit in the spot my teacher tells me and my class to sit in.
3. I stay in my seat and I do not talk.
4. I keep my hands and feet still.
5. I face forward facing who ever is speaking/performing.
6. I sing, stand and clap whenever the whole group does or a teacher tells us to.
7. I leave quietly with my class.

Programs/  
assemblies

Programs/  
assemblies

Programs/  
assemblies

Programs/  
assemblies

## Substitute Teacher



When there is a substitute teacher:

1. The classroom rules do not change. I will follow the same rules that I do when my regular teacher is here.
2. I will use good manners.
3. It's OK if the substitute teacher calls me by the wrong name or forgets my name.
4. The substitute may do things a little differently than my teacher. This is ok. I will be flexible and show that I can do things the substitute's way.

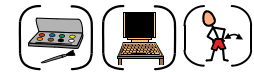
Substitute  
teacher

Substitute  
teacher

Substitute  
teacher

Substitute  
teacher

## Specials



1. I walk quietly with my class to my specials classroom.
2. I will follow the classroom rules of my specials teacher.
3. My specials teacher may do things a little differently than my classroom teacher. This is ok. I will do things their way.
4. I will ask my teacher questions if I am unsure about something.

Specials

Specials

Specials

Specials

## Library



### Check out and return books

1. I return my old library books to the librarian.
2. I quietly walk around the library and look at books I might like.
3. I look at the back of the books I might like to read to see what the book is about. I can also look at and read some of the pages.
4. I get the number of books that I am allowed to check out.
5. I quietly wait in line at the check out desk.
6. I hand my books to the librarian when it's my turn. She checks them out for me.

Library check  
out/return

Library check  
out/return

Library check  
out/return

Library check  
out/return

## Library Rules



1. Speak in a quiet voice.
2. Find the book I want to read quietly.
3. Walk slowly while I'm looking for books (no running or jumping).
4. I find a space to sit down and read my books quietly.
5. If I need to speak to my friends or teacher, I will whisper.

Library rules

Library rules

Library rules

Library rules

## Field trips



1. I will listen to my teachers so I know what we will be doing next.
2. I will listen to my teachers so I know what the rules are for each part of the field trip.
3. I will follow my teacher's or guide's directions.
4. I will stay with my class or the group that I am with.

Filed trips

Field trips

Field trips

Field trips

## Fire drill



1. I will stop what I am doing right away.
2. I will calmly get in line with the other students in my class.
3. I will calmly walk in a line behind my teacher.
4. I will line up with my class outside.
5. I will stay quiet in line outside until my teacher says it is safe to go back into my school.
6. I will listen for my teacher's directions.
7. I will walk back into school when my teacher tells us to.

Fire drill

Fire drill

Fire drill

Fire drill

## Taking a test



1. I must not talk during the test.
2. I must not tap my feet, hands, pencil or anything else that may distract other kids.
3. I should not try and look at other kid's test papers or computer screens.
4. Even if I find the test difficult I will try my best.
5. If I find a question tough, I can skip it and go back to it at the end.
6. When I have finished the last question I will check my test paper to make sure I have answered all the questions.
7. Even if I'm not sure I know the answer to a question, I will still try to answer it.
8. If I need my teacher's attention I will raise my hand. I will whisper my question to my teacher so I don't disturb the other kids.

Taking  
a test

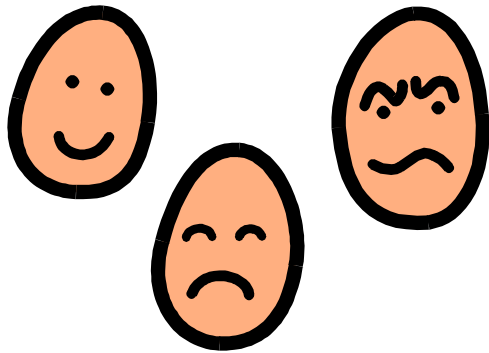
Taking  
a test

Taking  
a test

Taking  
a test

# Self Regulation

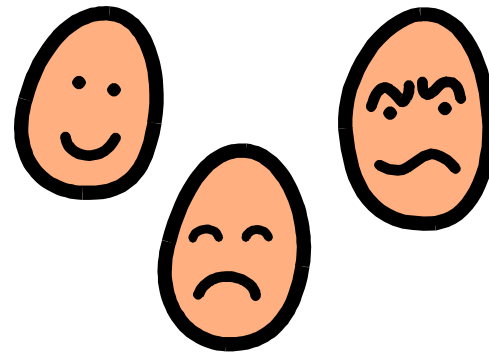
Self  
Regulation



Self Regulation

Self Regulation

Self  
Regulation



Self Regulation



## When I feel upset



1. I will take deep breaths.
2. I will close my eyes and count to 10.
3. I can ask an adult for help using a calm voice.
4. I can take a break from what I am doing and then return once I am calm.

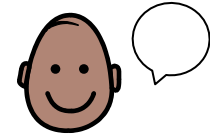
When I  
feel upset

When I  
feel upset

When I  
feel upset

When I  
feel upset

## Using calm words



1. If I need something or something is bothering me, I will use a calm voice.
2. I will not yell, scream or shout (people will not understand me or I may scare them).
3. If I use a calm voice, I will get help quicker.

Using  
calm words

Using  
calm words

Using  
calm words

Using  
calm words

## Trying new things



Trying new things can make me feel nervous, though it can also be fun:

1. If it's something I think I won't like, I will try it one time.
2. I can watch someone do it first so I know how to do it.
3. I can ask for help if it's something I may find difficult.

Trying new things

Trying new things

Trying new things

Trying new things

## When I am told 'no'



1. I will say 'ok' using a calm voice.
2. I will keep my body calm.
3. I can take deep breaths and count to 5.
4. If I am told I cannot do something that I want to do, I will find something else that I am allowed to do instead.

I am told 'no'

I am told 'no'

I am told 'no'

I am told 'no'

When someone  
teases me



1. I will keep calm and not say mean words back to the kids.
2. I can ask the kids to stop teasing me, but I also do not have to say anything to them.
3. I can walk away from the kids who are teasing me.
4. I can find an adult and ask them for help. I will tell the adult that I am being teased.

When I  
am teased

When I  
am teased

When I  
am teased

When I  
am teased

When it  
is too loud



1. I can let an adult know and they may be able to turn the sound down.

If the sound cannot be turned down or if I'm in a space where people noise is too loud I can:

1. Put on head phones or put in ear plugs.
2. Ask if I can leave and go to another room.
3. Try my best to ignore it.

When it  
is too loud

When it  
is too loud

When it  
is too loud

When it  
is too loud

## When someone has something I want



1. I will stay calm.
2. I will say to the person "Please can I have . . . . ?"
  - If they say 'yes' I will say "Thank you"
  - If they say 'no' I will say 'OK'. I will keep calm and find something else instead.
3. I will not just take it from the other person.

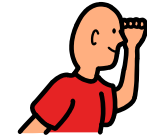
Someone has  
Something I want

Someone has  
Something I want

Someone has  
Something I want

Someone has  
Something I want

## When I cannot find something



1. I will stay calm and calmly look for it.
2. I can ask other kids or adults if they have seen it.
3. If I cannot find it by myself I will ask someone to help me find it.
4. If I still cannot find it, I will stay calm and take deep breaths.
5. If I have lost something of my own from home, I can let my teacher and my parent know.
6. If I have lost something that belongs to school, I can ask my teacher if they have another one I can use.

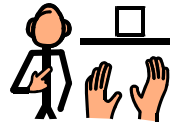
I cannot  
find something

I cannot  
find something

I cannot  
find something

I cannot  
find something

## Asking for something



1. If I need something I need to use nice and polite words.
2. I will look at the person and say "Please can I have . . . . ?" or I can say "can I have . . . please?"
3. If I need to borrow something I will look at the person and say "Please can I borrow. . . ?" or "Can I borrow. . . . please?"
4. When I am given what I have asked for I will say "Thank you".

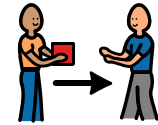
Asking  
for something

Asking  
for something

Asking  
for something

Asking  
for something

## When I am given something



1. When someone gives me something I have asked for I will look at them, smile and say "Thank you" or "Thanks"
2. Sometimes someone might give me something I don't need. I can say "It's ok, I don't need it" or "It's ok, I already have one"
3. If someone gives me a gift I will smile and say "Thank you" or "Thanks" in a friendly voice.  
-If I don't like the gift I will still smile and say "Thanks". If I don't do this it is rude and it may hurt the other person's feelings.

I am given  
something

I am given  
something

I am given  
something

I am given  
something

## Borrowing something



1. I will look at the person and say "Please can I borrow...?" or "Can I borrow... please?"
2. When I have the item I will take good care of it.
3. I will not let other kids use it.
4. When I am done with it, I will return it to the person I borrowed it from.
5. I will tell the person "Thanks for letting me borrow...."

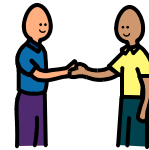
Borrowing something

Borrowing something

Borrowing something

Borrowing something

## Meeting someone new



1. I can walk up to them, smile and say "Hi, my name is...."
2. I will wait for the person to tell me their name.
3. If they don't tell me their name I can ask "What is your name?"
4. I will do my best to remember their name for the next time I see them.

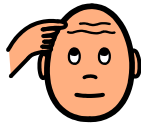
Meeting Someone new

Meeting Someone new

Meeting Someone new

Meeting Someone new

## Keeping thoughts to myself



I should keep my thoughts to myself when:

1. Someone else is talking.
2. When what I am thinking about is not on topic to the conversation or what is being talked about.
3. When what I am thinking about may hurt someone's feelings.
4. When my teacher is talking to the class.
5. When what I am thinking about is inappropriate or gross.
6. When I am thinking about something funny when everyone is being serious.

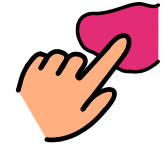
Keep thoughts to myself

Keep thoughts to myself

Keep thoughts to myself

Keep thoughts to myself

## Touching people's things



1. I can touch and use things that are mine or that I have been allowed to use.
2. I should not touch or grab things that do not belong to me.
3. If I want to touch or use something that belongs to someone else, I need to ask that person first.
4. If they say 'no' I should say "OK" and keep my hands to myself.

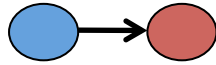
Touching Other's things

Touching Other's things

Touching Other's things

Touching Other's things

When  
things change



1. I will think 'It's ok, things change all the time'.
2. I will be flexible and go with the change.
3. I will stay calm and take deep breaths.
4. I can ask an adult to help me with the change if I feel uncomfortable.

When  
things change

When  
things change

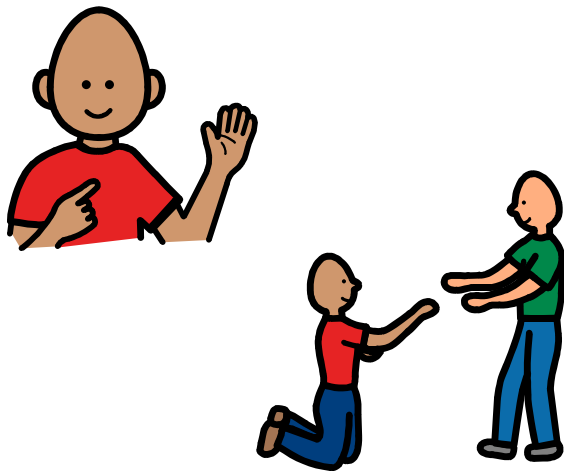
When  
things change

When  
things change



# Self Help

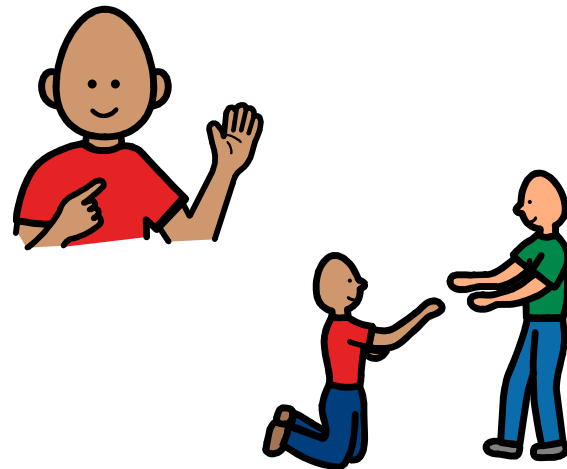
Self Help



Self Help

Self Help

Self Help



Self Help

## Washing my hands (home)



1. I will wash my hands after I have used the bathroom, I have touched the floor, I am about to eat or my hands are dirty.
2. I squirt soap on my hands or get the bar of soap.
3. I turn on the faucet.
4. I rub my hands together until they get soapy. I count to 10 in my head as I rub my hands.
5. I rinse off the soap from my hands and turn off the faucet
6. I dry my hands using a hand towel.

Wash hands  
(home)

Wash hands  
(home)

Wash hands  
(home)

Wash hands  
(home)

## Washing my hands (school)



1. I will wash my hands after I have used the bathroom, I have touched the floor, I am about to eat or my hands are dirty.
2. I squirt soap on my hands.
3. I turn on the faucet.
4. I rub my hands together until they get soapy. I count to 10 in my head as I rub my hands.
5. I rinse off the soap from my hands and turn off the faucet
6. I dry my hands using a paper towel.
7. I throw the paper towel in the trash.

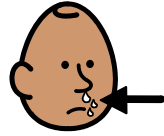
Wash hands  
(school)

Wash hands  
(school)

Wash hands  
(school)

Wash hands  
(school)

## Blowing my nose



1. I get a tissue and gently wipe my nose (I will not wipe my nose on my hand or sleeve).
2. If I need to blow my nose, I do it as quietly as I can.
3. After I have blown my nose, I throw the tissue into the trash.
4. If I do not have a tissue, I will ask an adult for one.

Blowing  
my nose

Blowing  
my nose

Blowing  
my nose

Blowing  
my nose

## I cut or scrape myself



1. I wipe away any dirt from my cut.
2. I wash my cut to get it clean.
3. I put on a band aid to help protect my cut.
4. I keep the band aid on my cut until it has healed.
5. If I can't find a band aid or I need help, I will ask an adult.

I cut myself

I cut myself

I cut myself

I cut myself

## Using the bathroom (school)



1. I will go with my class to the bathroom.
2. If I cannot wait for my class's bathroom break, I will ask my teacher if I can go to the bathroom.
3. I will close the stall door.
4. I pull down my pants and use the bathroom.
5. After I have used the bathroom I will wipe, pull up my pants and flush.
6. I open the stall door and leave the stall.
7. I will wash and dry my hands.

Bathroom  
(school)

Bathroom  
(school)

Bathroom  
(school)

Bathroom  
(school)

# Girls

## Using the bathroom (home)



1. I will close the bathroom door
2. I pull down my pants, sit on the toilet and use the bathroom.
3. After I have used the bathroom I gently wipe until I am dry and clean.
4. I throw the tissue into the toilet.
5. I pull up my pants and flush the toilet.
6. I wash my hands.
7. I dry my hands.
8. I open the bathroom door.

Bathroom  
(home)

Bathroom  
(home)

Bathroom  
(home)

Bathroom  
(home)

## Using the bathroom (school)



1. I will go with my class to the bathroom.
2. If I cannot wait for my class's bathroom break, I will ask my teacher if I can go to the bathroom.
3. I will use the urinal if I need to urinate (do not fully pull your pants down- make sure your bottom is still covered) I make sure I am dry before I pull my pants up.
4. I will use the stall if I need to have a bowel movement (close the door, pull down your pants and use the bathroom).
5. After I have used the bathroom I will wipe, pull up my pants and flush.
6. I open the stall door and leave the stall.
7. I will wash and dry my hands.

Bathroom  
(school)

Bathroom  
(school)

Bathroom  
(school)

Bathroom  
(school)

# Boys

## Using the bathroom (home)



1. I will close the bathroom door
2. If I need to have a bowel movement I pull down my pants, sit on the toilet and use the bathroom.
3. After I have used the bathroom I gently wipe until I am dry and clean. I throw the tissue into the toilet. I pull up my pants and flush the toilet.
4. If I need to urinate I lift the toilet seat, pull down my pants and urinate. After I am done I make sure I am dry before pulling up my pants
5. I wash my hands.
6. I dry my hands.
7. I open the bathroom door.

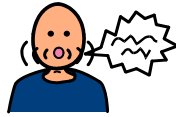
Bathroom  
(home)

Bathroom  
(home)

Bathroom  
(home)

Bathroom  
(home)

## When I need to burp



1. I put my hand over my mouth.
2. I do my best to burp as quietly as I can.
3. I say "Excuse me" using a calm, inside voice.
4. I should not burp on purpose, especially in class or when other people are talking.

When I  
need to burp

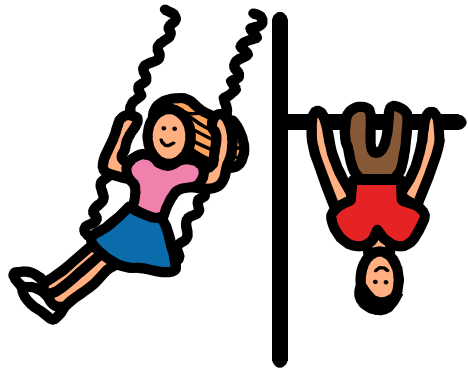
When I  
need to burp

When I  
need to burp

When I  
need to burp

# Playing with other kids

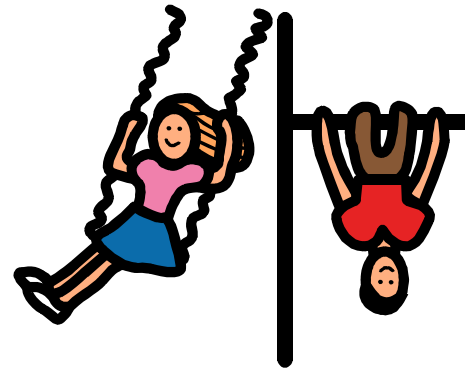
Playing with  
Kids



Playing with kids

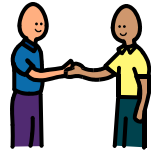
Playing with kids

Playing with  
Kids



Playing with kids

## Making friends



Making friends

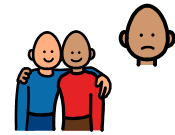
1. I can walk up to kid and say "Hi my name is. . . ."
2. I will wait for them to tell me their name. If they don't I will say "what is your name?"
3. I can ask my new friend questions to find out about them.
4. I can ask my new friend to play at recess.
5. I can ask my new friend if I can join in play with them.
6. If a kid doesn't want to be my friend or play with me, that is ok- I can just walk away.

Making friends

Making friends

Making friends

## When someone doesn't want to play



1. It's ok if someone doesn't want to play with me.
2. I will say 'OK'.
3. I will take deep breaths and stay calm.
4. I will walk away and find someone else to play with.

Someone won't play

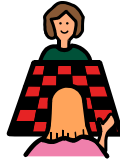
Someone Won't play

Someone won't play

Someone Won't play



## Playing Fair



1. I will play by the rules.
2. I will treat everyone the same.
3. I will let other people take their turn.
4. I will wait my turn.
5. I will not try to cheat

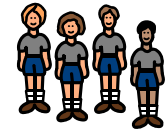
Playing fair

Playing fair

Playing fair

Playing fair

## Being on a team



1. I will takes turns with the other kids on my team.
2. I will wait calmly until it is my turn.
3. Me and my team-mates will work together.
4. I will follow the rules of the game.
5. I will tell my team-mates "Good job" when they score or do something good.
6. At the end of the game I will tell the other team "good game".

Being on a team

Being on a team

Being on a team

Being on a team

## When I win



1. It's ok to be happy when I win, but I will not brag or boast that I won.
2. I can say "Yes!" or "I won" but I won't celebrate too hard.
3. I will tell the other kids "Good game".
4. I can ask the other kids if they want to play again.

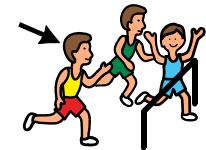
When I win

When I win

When I win

When I win

## When I do not win



1. I will stay calm. I will take deep breaths.
2. I can think "It's ok, I can't win every time. I'll get another chance to win".
3. I will tell the other kids "Good job".
4. I can give the other kids a high 5.
5. This makes me a good sport.

When I lose

When I lose

When I lose

When I lose

## When I hurt someone's feelings



1. I will look at them and say "I'm sorry" in a calm, friendly voice.
2. I can also say "I'm sorry, I didn't mean to hurt your feelings".
3. I can also say "I'm sorry, I didn't mean to. . .(what I did wrong). . ."
4. I can ask the person what I can do to make them feel better.

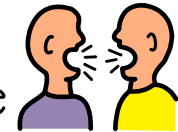
I hurt  
other's feelings

I hurt  
other's feelings

I hurt  
Other's feelings

I hurt  
other's feelings

## When friends disagree



1. Sometimes friends want to do different things or have different opinions. This is ok.
2. If a friend says something I don't agree with I will be polite.
3. I will respect their opinion. I will not tell them that they are wrong or that they are stupid.
4. If a friend wants to play something different I can play their game with them or find someone else who will play my game.

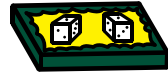
When friends  
disagree

When friends  
disagree

When friends  
disagree

When friends  
disagree

## Playing board games



1. I will take turns.
2. I will keep my hands in my lap when it is not my turn. I will not try and touch the pieces on the board when it is not my turn
3. I will play fairly and by the rules.
4. If I win I will not brag.
5. If I lose I will tell the winner "Good job".

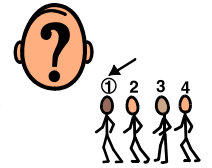
Playing board games

Playing board games

Playing board games

Playing board games

## When I can't be first



1. Sometimes I go first when I play a game, sometimes another kid will go first.
2. If I feel mad because I am not first I will take deep breaths.
3. I will think "There will be other times when I can go first".
4. I will not act angry when my friend goes first. This will make me a good sport.

I am not first

I am not first

I am not first

I am not first

## Sharing



1. Kids like it when I share.
2. If someone wants to play with something I have I can say "You can play with it when I'm done" or "Sure, here you go".
3. I can also play with the toy with my friend together.
4. When I let someone have what I was using I can find something else to do or play with.

Sharing

Sharing

Sharing

Sharing

## Playing tag



1. I will use gentle hands when I tag my friends.
2. I will stay calm if I am tagged and I become 'it'.
3. I will chase different kids and not the same kid when I am 'it'.
4. When we are chasing we will stay in the play ground area.

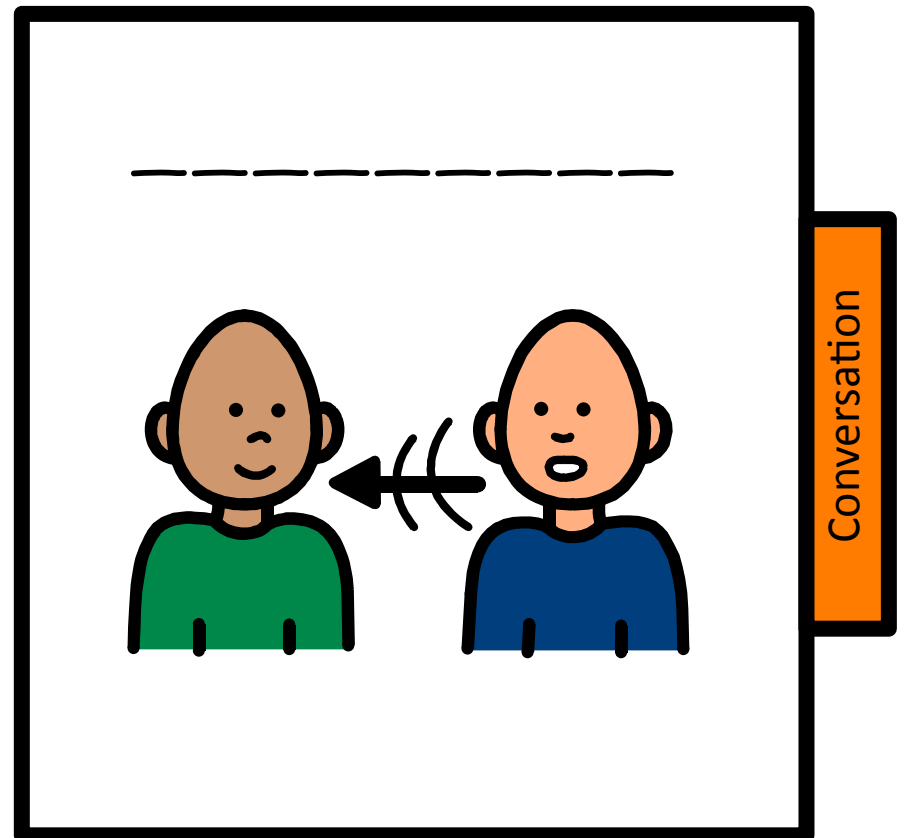
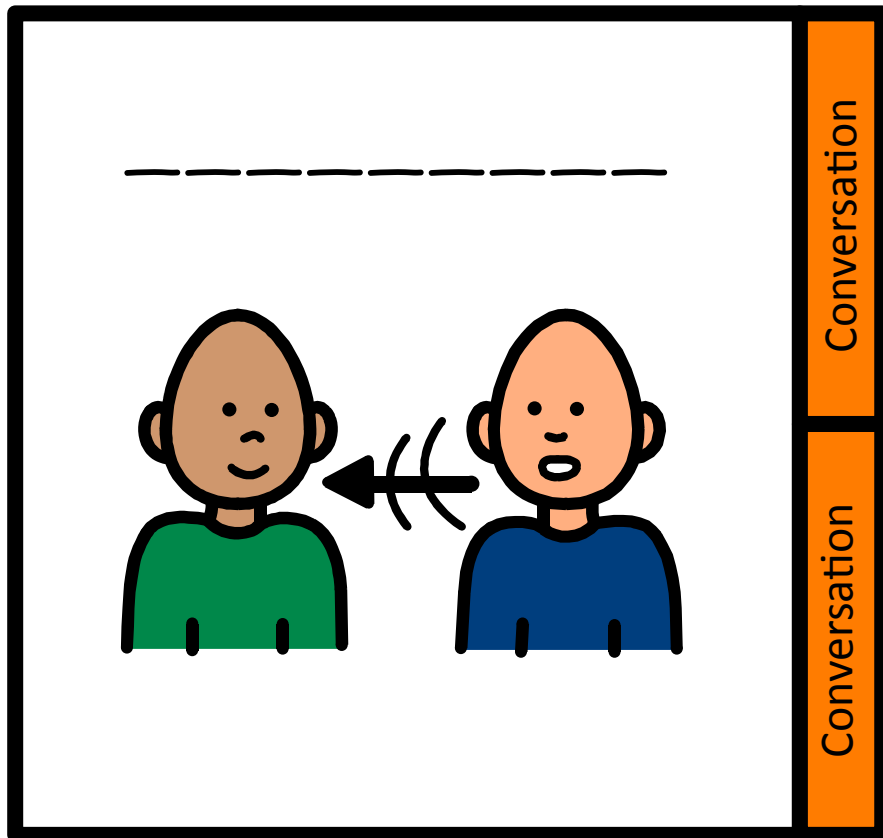
Playing tag

Playing tag

Playing tag

Playing tag

# Conversation



Saying "Hi"



Saying "Hi"

Saying "Hi"

Saying "Hi"

Saying "Hi"

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Introducing myself



Introducing myself

Introducing myself

Introducing myself

Introducing myself

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Saying  
"Goodbye"



Saying  
"goodbye"

Saying  
"goodbye"

Saying  
"goodbye"

Saying  
"goodbye"

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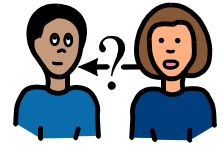
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Asking  
questions



Asking  
questions

Asking  
questions

Asking  
questions

Asking  
questions

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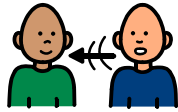
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Starting a conversation



Starting a conversation

Starting a conversation

Starting a conversation

Starting a conversation

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Listening in a conversation



Listening in a conversation

Listening in a conversation

Listening in a conversation

Listening in a conversation

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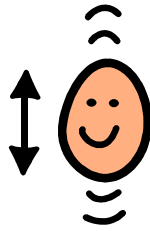
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Show you  
are interested in  
a conversation



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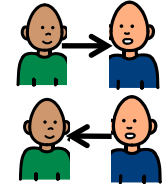
Show interest in  
a conversation

Show interest in  
a conversation

Show interest in  
a conversation

Show interest in  
a conversation

Taking turns  
in a conversation



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Taking turns in  
a conversation

Taking turns in  
a conversation

Taking turns in  
a conversation

Taking turns in  
a conversation

# Sharing

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Sharing

Sharing

Sharing

Sharing

# Playing tag

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Playing tag

Playing tag

Playing tag

Playing tag

Ending a conversation



Ending a conversation

Ending a conversation

Ending a conversation

Ending a conversation

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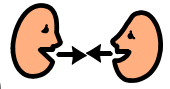
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Staying on topic in a conversation



Staying on topic

Staying on topic

Staying on topic

Staying on topic

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When someone is interested in talking to me



Someone interested

Someone interested

Someone interested

Someone interested

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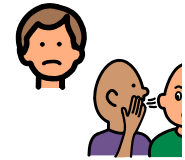
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When someone is not interested in talking to me



Someone not interested

Someone not interested

Someone not interested

Someone not interested

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When someone is  interested in talking to me

I should:

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Interested 'I should'

Interested 'I should'

Interested 'I should'

Interested 'I should'

When someone is not interested  in talking to me

I should:

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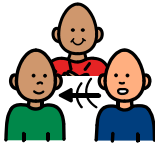
Not interested 'I should'

Not interested 'I should'

Not interested 'I should'

Not interested 'I should'

Joining in  
on a conversation



Joining in on  
a conversation

Joining in on  
a conversation

Joining in on  
a conversation

Joining in on  
a conversation

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When someone  
is bored they may...



Someone  
is bored

Someone  
is bored

Someone  
is bored

Someone  
is bored

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Making  
eye contact



Look at a person's eyes when:

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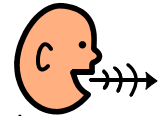
Making  
eye contact

Making  
eye contact

Making  
eye contact

Making  
eye contact

Things to talk  
about with my friends



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Things to  
talk about

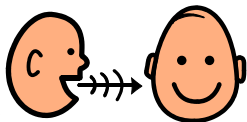
Things to  
talk about

Things to  
talk about

Things to  
talk about



# Giving Compliments



Giving compliments

Giving compliments

Giving compliments

Giving compliments

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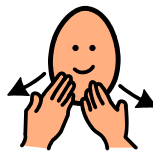
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# Receiving Compliments



Receiving compliments

Receiving compliments

Receiving compliments

Receiving compliments

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Interrupting



Interrupting

Interrupting

Interrupting

Interrupting

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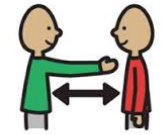
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Personal space



Personal space

Personal space

Personal space

Personal space

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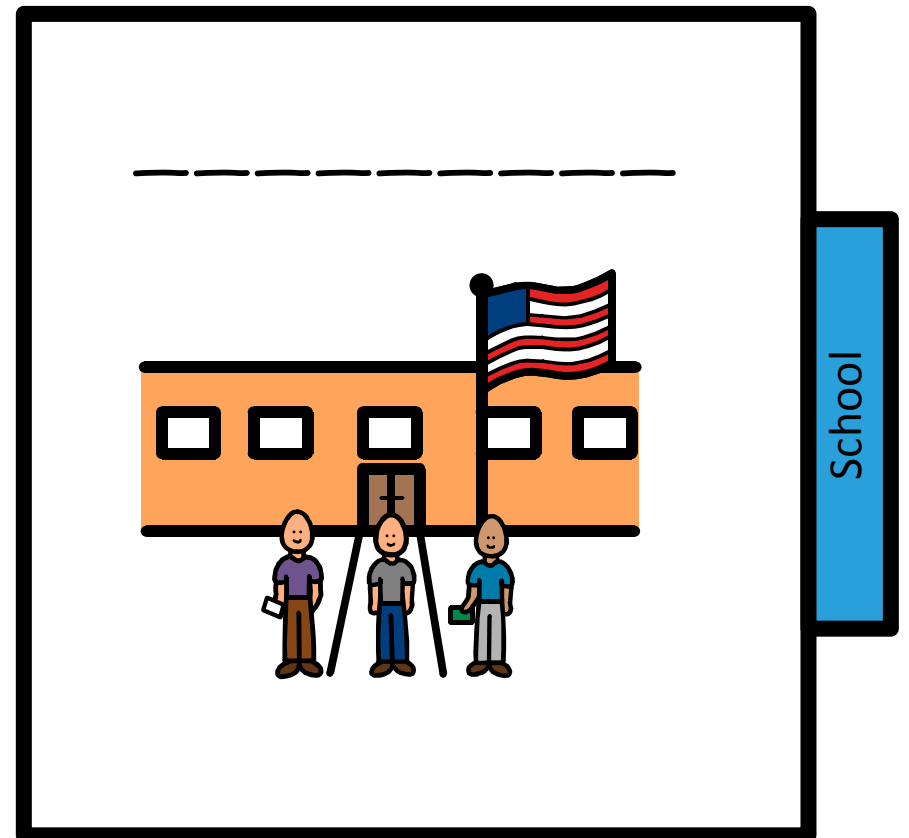
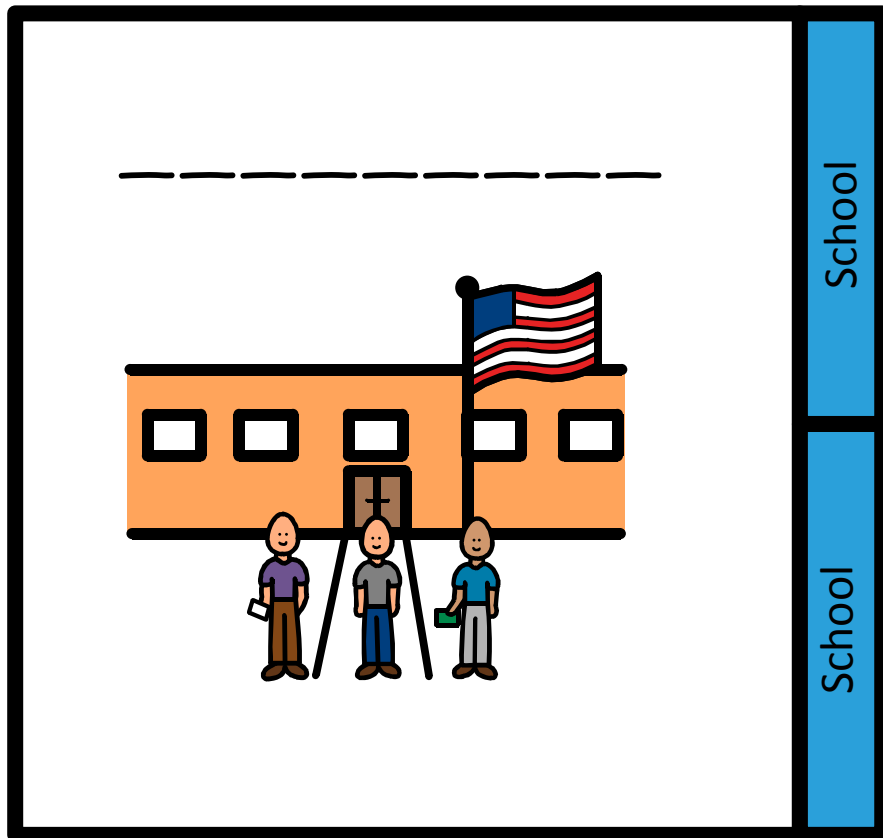
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# School



Asking  
for help



Asking  
for help

Asking  
for help

Asking  
for help

Asking  
for help

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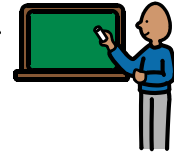
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When my teacher  
gives directions



Teacher  
directions

Teacher  
directions

Teacher  
directions

Teacher  
directions

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Completing  
my work



Completing  
my work

Completing  
my work

Completing  
my work

Completing  
my work

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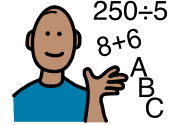
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When my  
teacher is talking



When teacher  
is talking

When teacher  
is talking

When teacher  
is talking

When teacher  
is talking

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If I get an  
answer wrong



I get an  
answer wrong

I get an  
answer wrong

I get an  
answer wrong

I get an  
answer wrong

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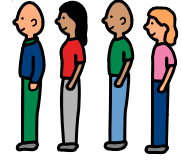
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Walking in line



Walking  
in line

Walking  
in line

Walking  
in line

Walking  
in line

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Arriving  
to class



Coming  
into class

Coming  
into class

Coming  
into class

Coming  
into class

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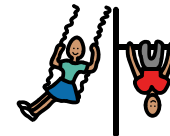
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On the  
playground



On the  
playground

On the  
playground

On the  
playground

On the  
playground

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Following the rules



Following  
the rules

Following  
the rules

Following  
the rules

Following  
the rules

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Walking in  
the hallway



Walking in  
the hallway

Walking in  
the hallway

Walking in  
the hallway

Walking in  
the hallway

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Working  
in a Group



Working  
in a group

Working  
in a group

Working  
in a group

Working  
in a group

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Difficult work

$$\begin{array}{r} 259 \\ \times 917 \\ \hline \end{array}$$

Difficult work

Difficult work

Difficult work

Difficult work

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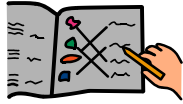
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Homework



Homework

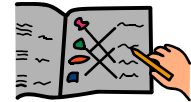
Homework

Homework

Homework

Homework-  
2 versions

Homework



Homework

Homework

Homework

Homework

When I want to answer in class



I answer  
in class

I answer  
in class

I answer  
in class

I answer  
in class

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When other students  
are answering in class



Other students  
answer

Other students  
answer

Other students  
answer

Other students  
answer

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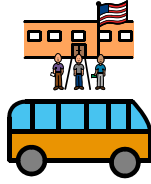
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Riding the bus  
(going to school)



Bus ride  
(school)

Bus ride  
(school)

Bus ride  
(school)

Bus ride  
(school)

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Riding the bus  
(going home)



Bus ride  
(home)

Bus ride  
(home)

Bus ride  
(home)

Bus ride  
(home)

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# Announcements



Announcements

Announcements

Announcements

Announcements

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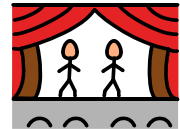
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# Programs and assemblies



Programs/  
assemblies

Programs/  
assemblies

Programs/  
assemblies

Programs/  
assemblies

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Substitute  
Teacher



Substitute  
teacher

Substitute  
teacher

Substitute  
teacher

Substitute  
teacher

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Specials



Specials

Specials

Specials

Specials

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# Library

Check out and return books



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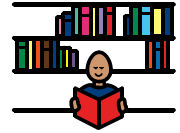
Library check  
out/return

Library check  
out/return

Library check  
out/return

Library check  
out/return

# Library Rules



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Library rules

Library rules

Library rules

Library rules

# Field trips



Filed trips

Field trips

Field trips

Field trips

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# Fire drill



Fire drill

Fire drill

Fire drill

Fire drill

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# Taking a test



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Taking a test

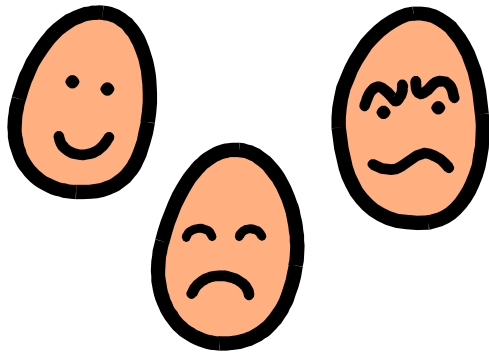
Taking a test

Taking a test

Taking a test

# Self Regulation

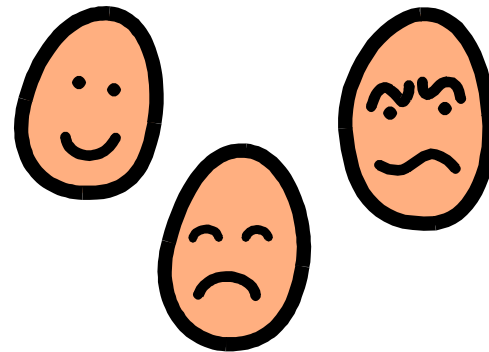
Self  
Regulation



Self Regulation

Self Regulation

Self  
Regulation



Self Regulation

When I  
feel upset



When I  
Feel upset

When I  
feel upset

When I  
feel upset

When I  
feel upset

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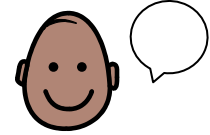
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Using  
calm words



Using  
calm words

Using  
calm words

Using  
calm words

Using  
calm words

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Trying  
new things



Trying  
new things

Trying  
new things

Trying  
new things

Trying  
new things

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When I  
am told 'no'



I am  
told 'no'

I am  
told 'no'

I am  
told 'no'

I am  
told 'no'

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When someone  
teases me



When I  
am teased

When I  
am teased

When I  
am teased

When I  
am teased

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When it  
is too loud



When it  
is too loud

When it  
is too loud

When it  
is too loud

When it  
is too loud

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When someone  
has something I want



Someone has  
Something I want

Someone has  
Something I want

Someone has  
Something I want

Someone has  
Something I want

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When I cannot  
find something



I cannot  
find something

I cannot  
find something

I cannot  
find something

I cannot  
find something

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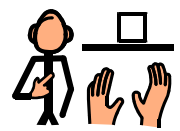
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Asking  
for something



Asking  
for something

Asking  
for something

Asking  
for something

Asking  
for something

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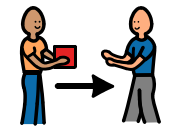
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When I am  
given something



I am given  
something

I am given  
something

I am given  
something

I am given  
something

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Borrowing  
something



Borrowing  
something

Borrowing  
something

Borrowing  
something

Borrowing  
something

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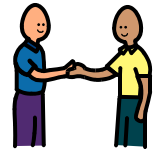
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Meeting  
someone new



Meeting  
Someone new

Meeting  
Someone new

Meeting  
Someone new

Meeting  
Someone new

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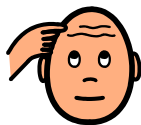
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Keeping thoughts to myself



Keep thoughts to myself

Keep thoughts to myself

Keep thoughts to myself

Keep thoughts to myself

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Touching people's things



Touching Other's things

Touching Other's things

Touching Other's things

Touching Other's things

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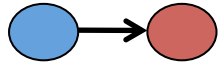
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When things change



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When things change

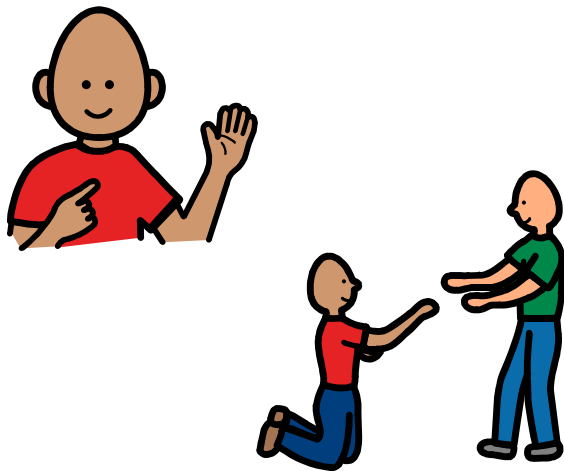
When things change

When things change

When things change

# Self Help

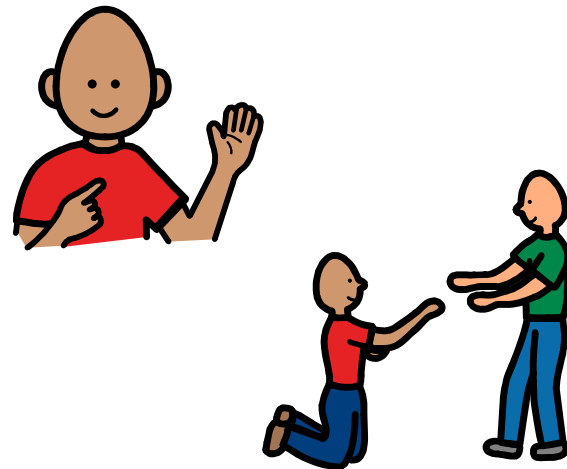
Self Help



Self Help

Self Help

Self Help



Self Help

Washing  
my hands (home)



Wash hands  
(home)

Wash hands  
(home)

Wash hands  
(home)

Wash hands  
(home)

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Washing  
my hands (school)



Wash hands  
(school)

Wash hands  
(school)

Wash hands  
(school)

Wash hands  
(school)

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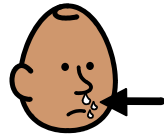
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Blowing  
my nose



Blowing  
my nose

Blowing  
my nose

Blowing  
my nose

Blowing  
my nose

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I cut or  
scrape myself



I cut myself

I cut myself

I cut myself

I cut myself

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Using the bathroom  
(school)



Bathroom  
(school)

Bathroom  
(school)

Bathroom  
(school)

Bathroom  
(school)

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# Girls

Using the bathroom  
(home)



Bathroom  
(home)

Bathroom  
(home)

Bathroom  
(home)

Bathroom  
(home)

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Using the bathroom  
(school)



Bathroom  
(school)

Bathroom  
(school)

Bathroom  
(school)

Bathroom  
(school)

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# Boys

Using the bathroom  
(home)



Bathroom  
(home)

Bathroom  
(home)

Bathroom  
(home)

Bathroom  
(home)

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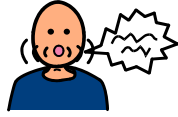
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When I  
need to burp



When I  
need to burp

When I  
need to burp

When I  
need to burp

When I  
need to burp

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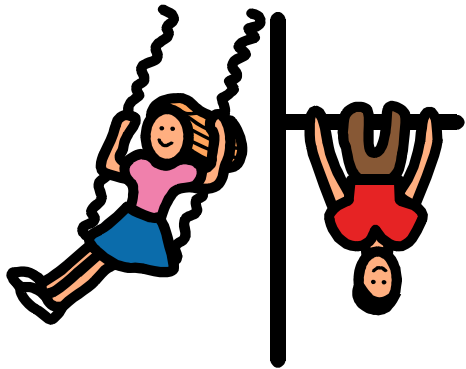
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# Playing with other kids

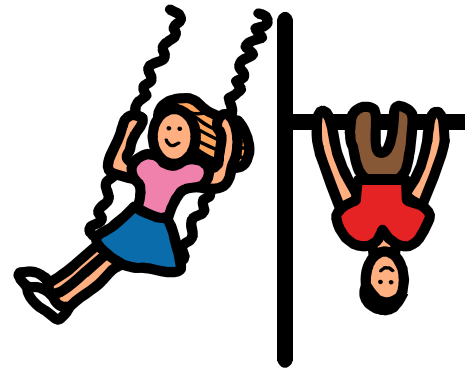
Playing with  
Kids



Playing with kids

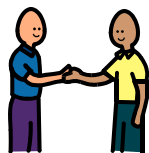
Playing with kids

Playing with  
Kids



Playing with kids

Making friends



Making friends

Making friends

Making friends

Making friends

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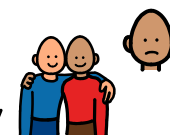
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When someone doesn't want to play



Someone won't play

Someone Won't play

Someone won't play

Someone Won't play

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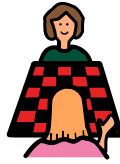
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Playing Fair



Playing fair

Playing fair

Playing fair

Playing fair

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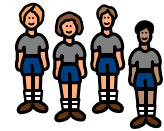
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Being on  
a team



Being  
on a team

Being  
on a team

Being  
on a team

Being  
on a team

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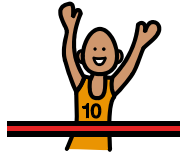
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When I win



When I win

When I win

When I win

When I win

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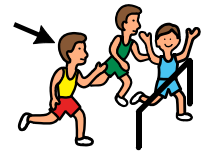
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When I  
do not win



When I lose

When I lose

When I lose

When I lose

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When I hurt  
someone's feelings



I hurt  
other's feelings

I hurt  
other's feelings

I hurt  
Other's feelings

I hurt  
other's feelings

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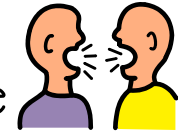
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When  
friends disagree



When friends  
disagree

When friends  
disagree

When friends  
disagree

When friends  
disagree

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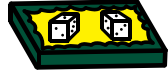
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Playing board games



Playing board games

Playing board games

Playing board games

Playing board games

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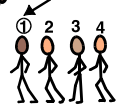
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When I can't be first



I am not first

I am not first

I am not first

I am not first

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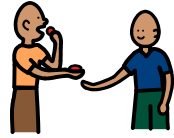
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Sharing



Sharing

Sharing

Sharing

Sharing

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Playing tag



Playing tag

Playing tag

Playing tag

Playing tag

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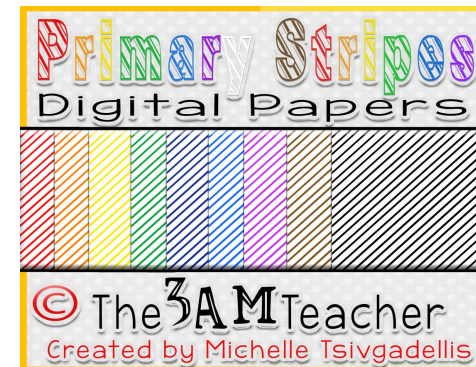
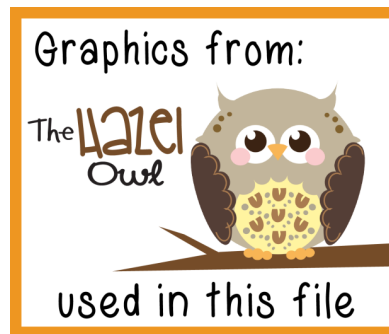
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