Dea	ar		<u> </u>		,					Date:	
I worked through my frustration today. I was frustrated because											
and didn't know the words to use so I											
l then realized my mistake and											istake and
Used the Safe Place.Picked another way to solve his problem.											
My "I Calm" choice in the Safe Place was:											
							(99				
My "I Feel" choice in the Safe Place was:											
		Angry		Scara			Sad			Happy	
		Okappointed		Antiov			Tuetre Austre	5)		Calm	
My "I Choose" to think choice was:											
		Write	Draw a Picture		202000 A 2010070 201070 0 10 10 Friends and Family		Talk to Someone		Caring Connections		ead a Book
My problem-solving choice was:											
Join me in celebrating my hard work on learning to be helpful instead of hurtful. Here's how you can help.											
Ask me to:											
	 Explain how I used the Safe Place to calm down and think of helpful solutions. To show you the four ways I have learned to calm myself. Can you guess which one is my favorite? 										

Sincerely,

Thank you for your support as we work together,

