

Dear _____,

Date: _____

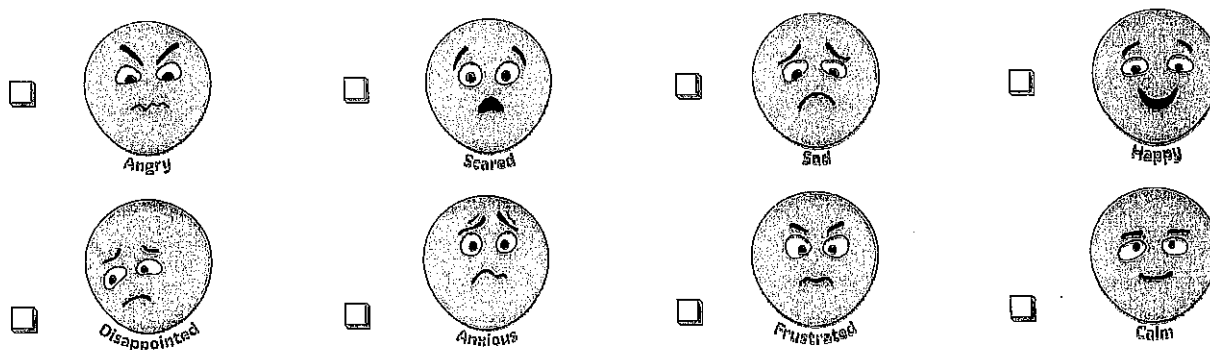
I worked through my frustration today. I was frustrated because _____
_____ and didn't know the words to use so I
_____. I then realized my mistake and

- ☐ Used the Safe Place.
- ☐ Picked another way to solve his problem.

My "I Calm" choice in the Safe Place was:



My "I Feel" choice in the Safe Place was:



My "I Choose" to think choice was:



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:

1. Explain how I used the Safe Place to calm down and think of helpful solutions.
2. To show you the four ways I have learned to calm myself. Can you guess which one is my favorite?

Thank you for your support as we work together,

Sincerely,

