



Sometimes Things Break



The swings at the Autism Nature Trail are super fun. I like using swings but they are broken. I will not be able to use the swings.



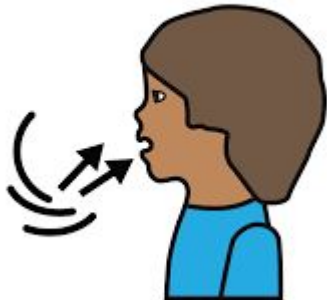
I planned to go on the swings but my plans have changed.
This may make me feel sad, angry or frustrated.



I can make a good choice and use a strategy to help me feel better.



Take deep breath



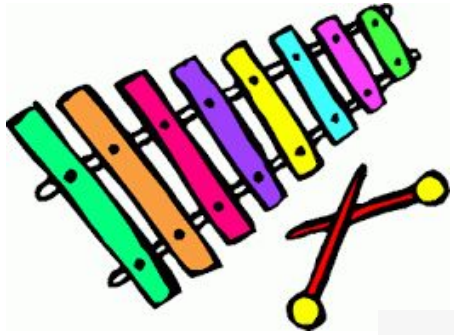
Making good choices will make me feel proud of myself.



Others will be proud of me also!



I can have fun at other stations on the trail. I can play music, run and climb and have fun building.



The swings on the ANT will be fixed soon and I will get to have fun then.

