**Science Class**

**Science class is an important class. Sometimes the class will seem unorganized because Mrs. Smith will have hands-on activities planned for her students. On these days, students may be out of their seats and the classroom might seem chaotic.**

**I may have difficulty with Science Class on the days that hands-on activities are planned. I may get frustrated and feel anxious. I will stay in my seat and take deep breaths and stay calm and quiet. If I am not able to calm myself, I will raise my hand. After I am called on, I will ask Mrs. Smith if I can go to Ms. Jones’s classroom for the rest of the class period.**

**When I am really frustrated, I can:**

* **Take deep breaths until I feel calm.**
* **Raise my hand and ask to go to Ms. Jones’s classroom.**

**I will not always be able to stay in Science class, but I know how to make myself feel calm. I also know how to have polite manners when asking to go to Ms. Jones’s room.**