Children come to school to learn and make new friends. Sometimes, children work together in small groups or pairs. School is a busy place and there are times that children might feel crowded or need more personal space.

I like to have a little more personal space than some kids. It’s okay to ask for what I need. It’s not okay to hit or push just because I am not happy. When I feel crowded, I can use a nice voice and say, “Excuse me, I need more space, please.”

When I’m really feeling upset, I can:

* Take deep breaths until I feel calm.
* Raise my hand and ask the teacher for a break.

I know that crowded places make me feel upset, but I know how to make myself feel calm and ask nicely for what I need.