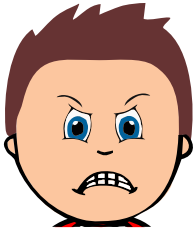




# ROBBIE'S AUTISM QUEST<sup>®</sup>

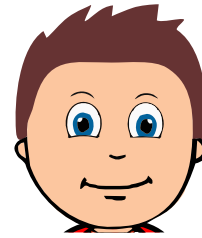
## Sometimes I Get Upset

Sometimes I get frustrated because I don't like something.



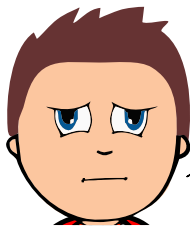
It can make me mad!

There are things I can do if I start to feel frustrated to help make me feel better.



Doing these things helps me to calm down when I feel like that.

If I'm feeling like the work is too hard or too much,



May I please have help?

I can ask for help, or ask for a break.

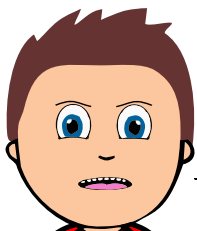
When things get too loud,



May I go and sit someplace where it is quiet?

I can ask to go to a quiet place where I can calm down.

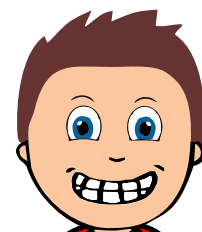
If someone is doing something that upsets me,



Can you please stop bumping into me?

I can say things like "Please stop" or "I am upset because..."

When I use my words, it can help solve my problem,



and that makes me happy!