



My Behavior Therapy Appointment





I go to behavior therapy to learn new skills and get better at managing my feelings and behaviors.





In therapy, I get to do activities that help me learn.



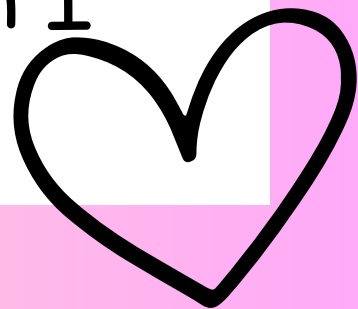


My therapist might show me
how to use my words to say
what I need.





My therapist may teach me
how to calm my body when I
feel upset.





My therapist may teach me
how to share and take turns
with others.





My therapist will help me
learn how to follow
instructions.





Sometimes, we practice new things that feel hard. That's okay! My therapist is there to help me, and I can take a break if I need one.





We also talk about my feelings. I can use words, pictures, or even drawings to show how I feel. My therapist listens to me and helps me understand my emotions.





I look forward to the
fun things I am going to
learn with my behavior
therapist!





Thank You!

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