

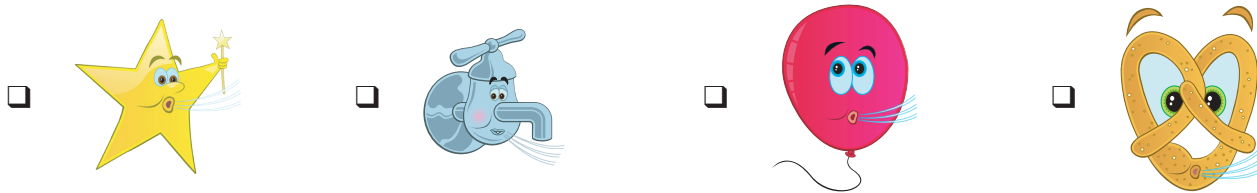
Dear \_\_\_\_\_,

Date: \_\_\_\_\_

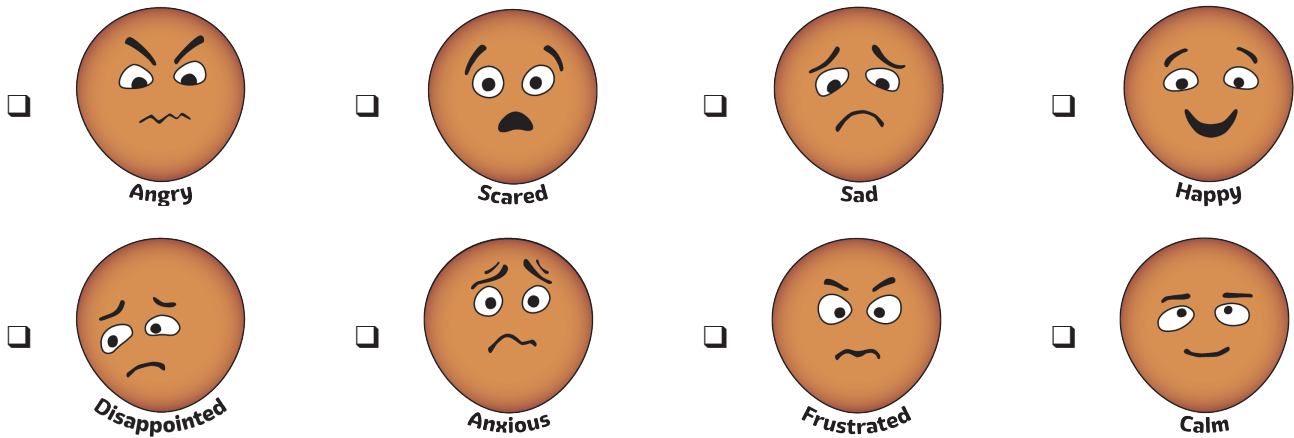
I worked through my frustration today. I was frustrated because \_\_\_\_\_  
\_\_\_\_\_ and didn't know the words to use so  
I \_\_\_\_\_. I then realized my mistake and

- Used the Safe Place.
- Picked another way to solve my problem.

My "I Calm" choice in the Safe Place was:



My "I Feel" choice in the Safe Place was:



My "I Choose" to think choice was:



My problem-solving choice was: \_\_\_\_\_.

Join me in celebrating my hard work on learning to be helpful instead of hurtful. Here's how you can help.  
Ask me to:

1. Explain how I used the Safe Place to calm down and think of helpful solutions.
2. To show you the four ways I have learned to calm myself. Can you guess which one is my favorite?

Thank you for your support as we work work together,

Sincerely,