

Leo's Calm Choices

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Sometimes, Leo feels very angry when something happens that he does not like. It is completely okay to feel angry inside.



When this happens, Leo sometimes runs to his room and slams the door with a loud sound. He likes to hide inside by himself.



Leo is learning that he can make a different, peaceful choice instead of running. He can walk slowly and keep his door open.



Leo goes to his cozy calm corner, which is a safe and happy place just for him. He can sit or lie down comfortably there.



In his safe corner, Leo takes slow and deep breaths in and out. He repeats this until his body begins to feel much calmer.



Leo lies down softly on his cushion and gently rubs his chest to help his body rest. He feels the tension slowly fade away.



If he still needs comfort, Leo can ask his family for a big, warm hug by saying hug, please. They are always ready to hold him.



When his mind is quiet, Leo uses his words to tell his family how he feels inside. They listen to him with loving care.



Leo can also explain what made him upset so that everyone understands his feelings. Using words helps him share his thoughts clearly.



Leo proudly remembers his steps to calm down by walking to his corner, breathing deeply, and asking for a hug. He knows he can always find peace with his family's help.