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The text and graphics are adapted from the original source. These resources are provided for teachers to help students with severe disabilities participate in the general curriculum. Please limit the use and distribution of these materials accordingly.
It is calm down time.
Sometimes I am sad.

Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick
Sometimes I am mad.
Sometimes I want to scream and shout.

I want to get my feelings out.

Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick
It is calm down time.
Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick
Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick

I can breathe in and out.

I count to three.

1 2 3
One two three

I am taking care of me.
1 2 3
One two three

I am taking care of me.

Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick
My calm down place is a quiet place for me to take a break.

Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick
I can put my arms around myself.
I can put my arms around myself.

Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick
to give my body a squeeze.
If I want, I can rock back and forth

or side to side.

And sing a quiet song.
Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick
Adapted from the original text, *Calm-Down Time*, by Elizabeth Verdick
After a break, I feel better.

&

and so can you.

Adapted from the original text, Calm-Down Time, by Elizabeth Verdick