

## **When I feel Worried**

**Sometimes the world feels good and safe.  
I can go with mom to the store, and I can go to school,  
and I feel good.**



**I like Cars. Cars make me feel good! I like playing with  
cars, and I like to look at pictures of cars on the  
internet. I know a lot about cars. I know different kinds  
of cars!**



**Sometimes the world does not feel so good or so safe.  
Sometimes I feel nervous or worried.  
Sometimes I feel nervous or worried when I go out with  
mom.**



**One thing that make me feel worried are when I see  
certain types of cars.  
I feel worried when I see 2014 cars.**



**It makes mom sad when I feel worried. It makes mom sad when I bang my head. It makes mom sad when I cry.**



**It makes mom feel sad when I bang my head.  
Banging my head is NOT okay.  
It makes mom feel sad when I scream in the car.  
Screaming in the car is NOT okay.  
It makes mom feel sad when I take off my seatbelt.  
I can NOT take my seatbelt off when we are driving!**

**When I feel worried I can remember....  
Cars are everywhere!  
Cars take people to school, to work, and to the store.  
Cars help people get where they are going.  
2014 cars are just like 2013 cars, except more new.  
Cars are safe, and I am safe.**



**When I STILL feel worried I can do other things to make me feel better.**

**I can close my eyes and think about something happy.  
I can squeeze my fists really tight and then let them go.  
I can take deep breaths like I am blowing up a balloon.  
I can ask mom for a hug. I can ask mom for help.**



**It makes mom HAPPY when I calm down.  
It makes mom HAPPY when I feel better.**



**It makes me HAPPY when I feel calm.  
I don't have to be worried about 2014 cars.  
I don't feel worried about cars. Cars make me HAPPY!  
What kinds of cars will I see today??**

