

CALMING DOWN WITH CALI



CALi is a fantastic puppy. She likes to play with her friends at school.



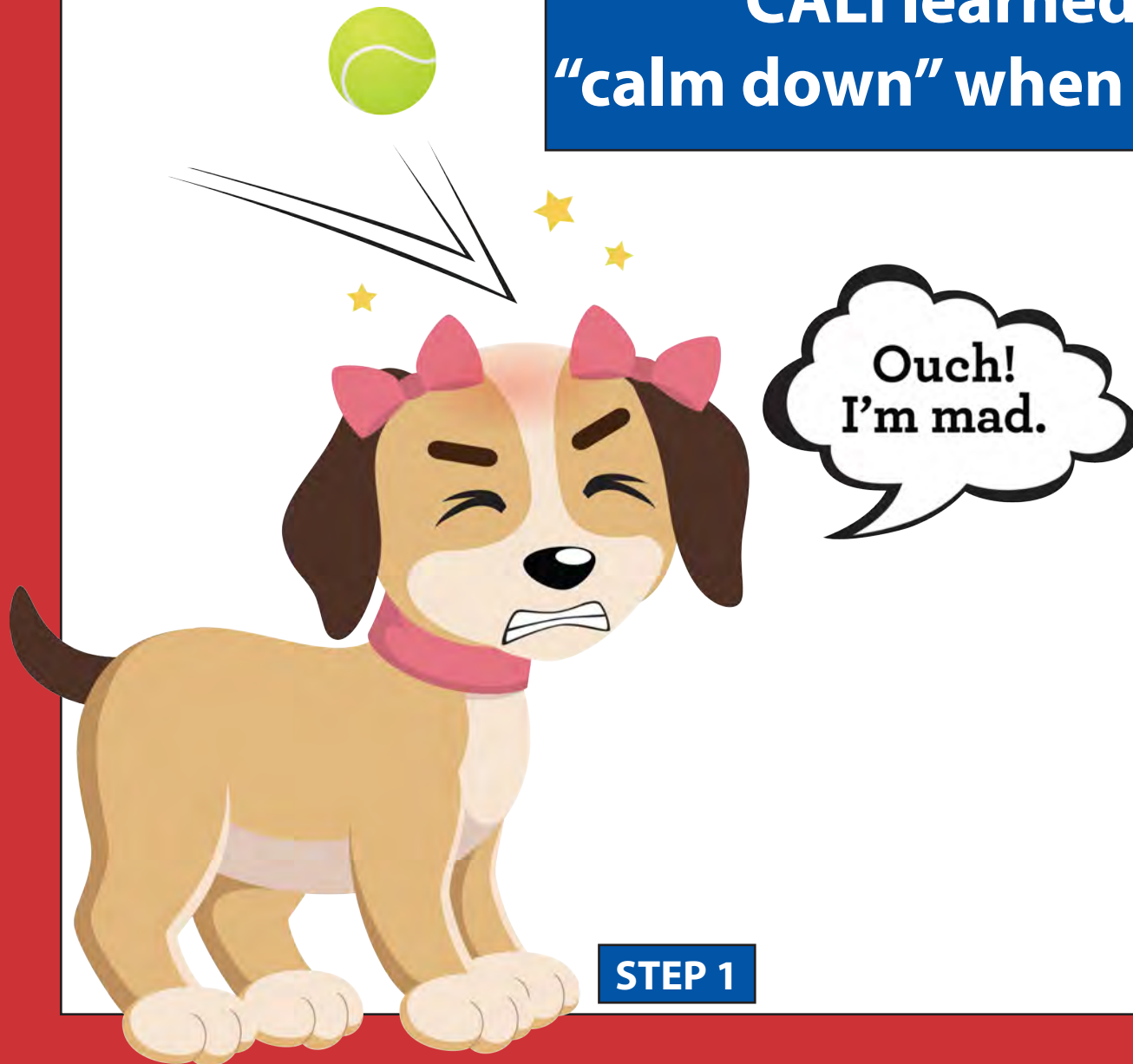
**Sometimes things would happen that
made CALi feel really upset.**



When CALi got upset, she hit, kicked and growled at her friends. This upset her friends and made them feel sad and scared.



**CALi learned a way to
“calm down” when she gets upset.**



STEP 1

She **stops** and keeps her paws
and growling to herself.



STEP 2

She crawls inside her doghouse and
takes **3 deep breaths** to calm down.



When CALi is calm, she **thinks** of a way to make it better.



STEP 4

**CALi's friends are happy when she plays
and keeps her paws to herself.
Friends like it when CALi uses kind
words when she is upset.**



THE END

