



Green Pediatrics Behavioral  
SERVICES

# Staying Calm When It's Loud

## I Can Stay Calm When It's Loud



Sometimes places are loud,  
like a store or a party.



**Loud sounds might make me  
feel upset.**



I can take deep breaths or  
cover my ears.



I can ask for headphones or a quiet break



When I calm down, I can go back and try again.



**I can stay calm and feel proud  
of myself!**





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