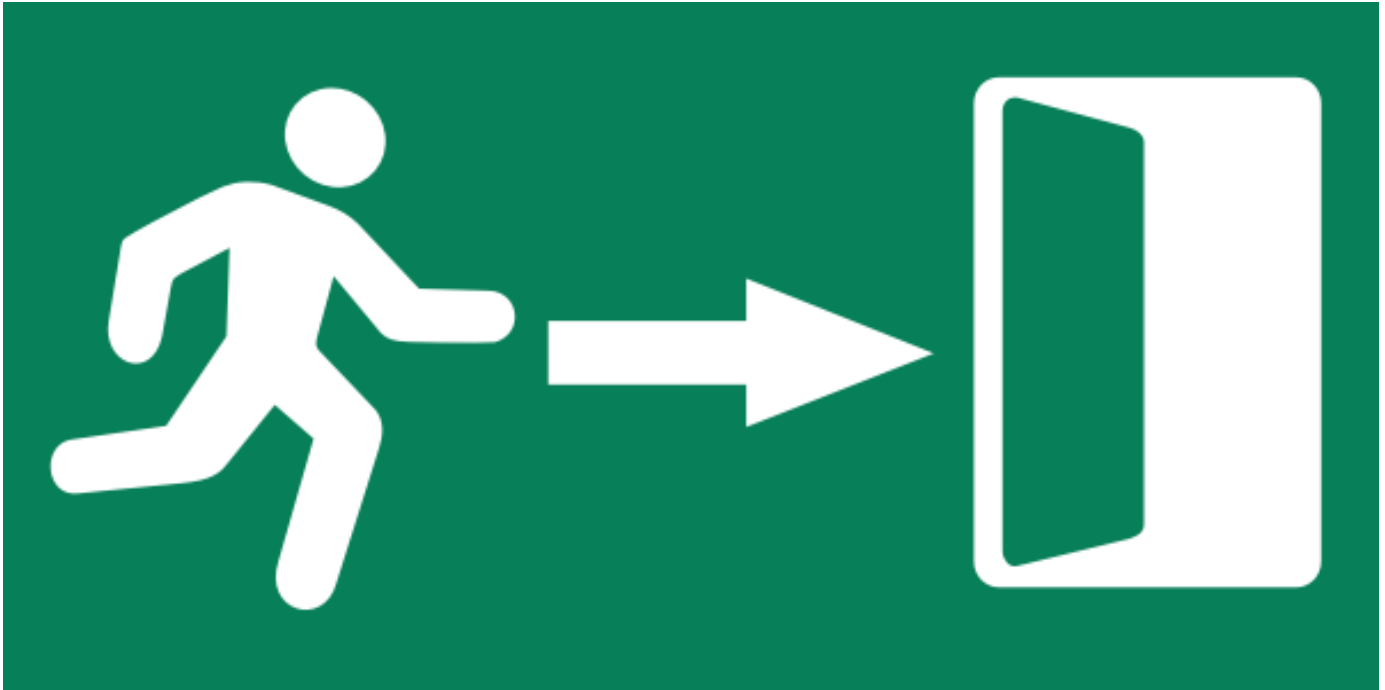


LEAVING SUDDENLY I



Sometimes we need to leave quickly. This may feel scary.

People may be afraid or angry when we need to leave or when there is danger. People might yell instructions and pack things fast or leave things behind. People might walk fast or run away.

When kids have to leave quickly, they might have an upset feeling in their stomach. They might feel scared, worried, or angry. They might feel sad leaving things behind. They might not want to move or feel like they cannot move.

When I have to leave quickly, I may feel afraid and get an upset feeling in my body. My body may feel full of energy and my heart might beat fast. It is okay for me to feel scared.

I can hold a family member's hand and watch what they do. I can do the same things my family does and follow them. I can go to a safe place with my family or another adult that I know. When I get to the new place, I can take deep breaths or gently squeeze my hands or body. This can help calm my body.

I can leave quickly and then calm my body down when we get to the new place.