

The idea of handling anxiety...

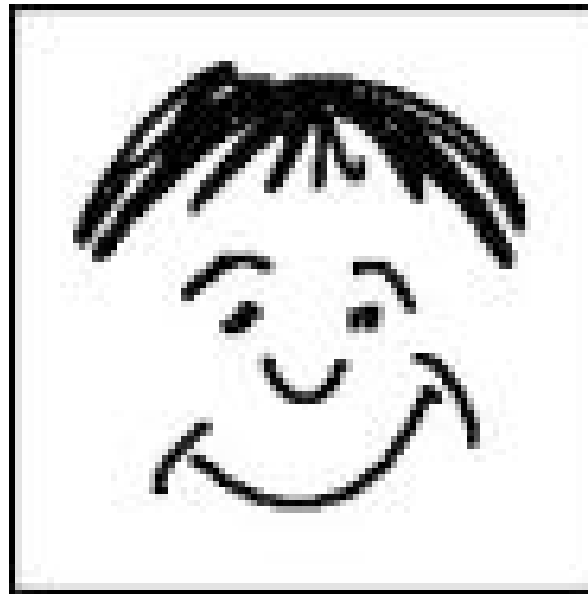


Having a
Zigger-Zagger

For _____

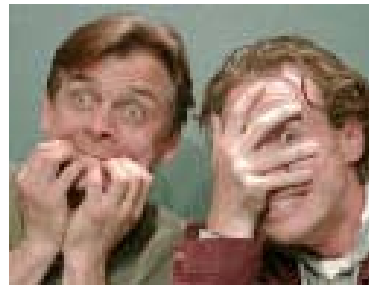
I usually feel good.

- I can feel...
 - happy.
 - nice.
 - calm.



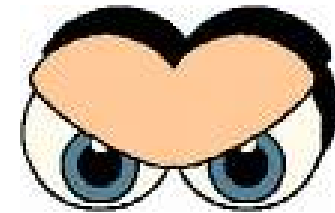
Sometimes I get upset.

- I might feel...
 - bad.
 - tense.



Being upset feels like...

- a fire inside me.
- an explosion.
- electricity.



Upset = Zigger-Zagger!





Everyone has Zigger-Zaggers.



- Moms
- Dads
- Teachers
- Friends
- ME!

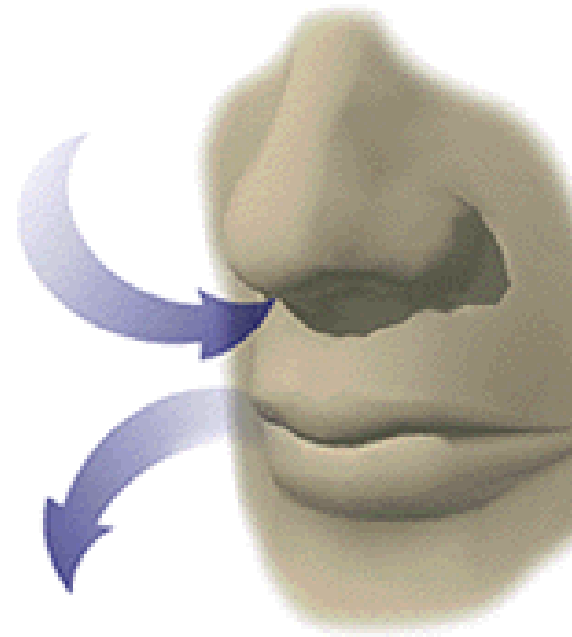


I can handle a
Zigger-Zagger.



First...

I take a
deep breath.



Second....

I relax my body.




Third...

I make a different choice.



The Zigger-Zagger will end when I...

- Take a deep breath. 

- Relax my body. 

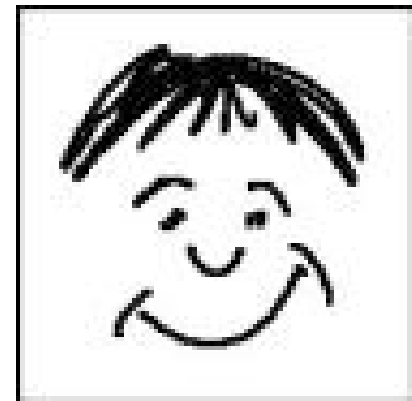
- Make a different choice.



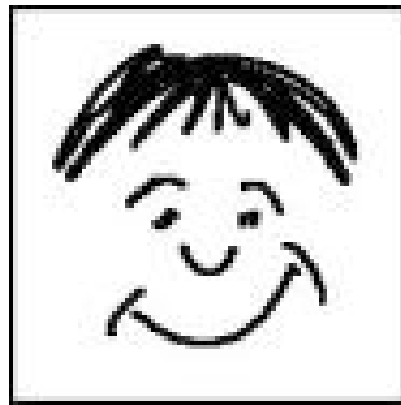


A Zigger-Zagger
does NOT last forever.

- I can finish a Zigger-Zagger.
- Zigger-zaggers do not make bad days.
- I can feel good again.



The End!



A generic social story developed by
Kim Singleton, MS, CCC-SLP
www.KimSingleton.com
Email: Kim@KimSingleton.com

Questions or comments?
Please contact me!