

Starting and Stopping

By Mrs. Aydlette

Dedicated to all students who get sad when it is time to change

Everything must start and stop.



Birds begin to fly and stop and rest on a tree.



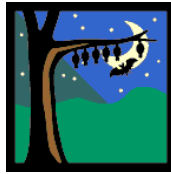
A soccer game begins and ends.



A car goes on Green and stops on Red.



We have daytime and night time.



We wake up and go to bed.

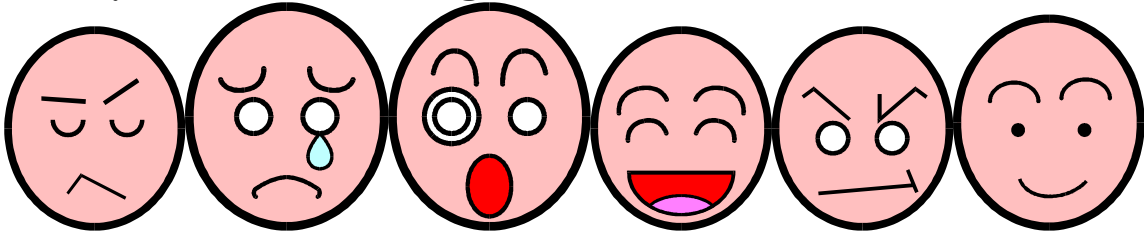


We go to school and come home from school.



Chapter 2 Feelings

Everyone has feelings.



Sometimes we have feelings when we must change what we are doing. We must stop and go to something new.



I am happy when I start to eat ice cream and sad when I have to stop.



I am sad when I go to school.



I am sad when I go home.

Chapter 3

When I have a sad feeling coming I can think about the good things I will see and do.



When I have a sad feeling coming I can remember that it goes away soon.



When I have a sad feeling I can think about something that makes me happy.



Everything will go and everything will stop.



When I have a sad feeling I can make it stop and go have fun.

