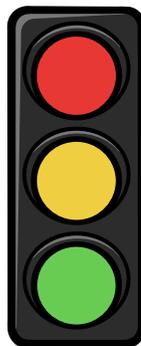


My Relaxed Car Ride

Sometimes I go for a ride in a car with my family or teachers. When I get in the car, I sit in my seat and find my seatbelt. I listen for the "click". This helps me stay safe while we drive.



While we are driving, the car might stop at stop signs or intersections. Sometimes there is a lot of traffic, and we have to wait. It is okay to wait. The driver is watching the road to keep us safe.



If I feel wiggly while we're waiting, I can take deep breaths, count things I see out the window, or use one of my favorite fidget toys. This makes the waiting feel easier.



Sometimes I might see big trucks at construction or hear a loud emergency car. These sounds can be very loud. If I am surprised by the noise, I can use my breathing or my favorite toy to help my body feel relaxed.



When we get to the end, the driver will park the car.
I can be proud of myself for using my strategies to have a calm ride!



Staying Calm During My Car Ride

Cars help me get to different places.

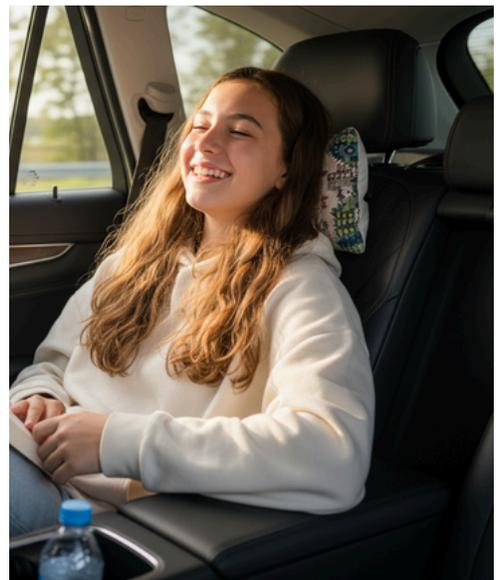
Before we leave, I put on my seatbelt and listen for the "click." This means I am safe and ready to go.



Sometimes the car has to stop for traffic or red lights.

Waiting can feel frustrating, but it is a normal part of every drive.

When I stay calm during these stops, it helps everyone in the car have a safe trip.



Sometimes the car will be still for a while or there might be loud noises from emergency cars or construction. These moments can be long or loud. If I feel restless or overwhelmed, I can use a fidget, take deep breaths, or count things I see outside. This can help me stay relaxed until we move again.



When the car is parked, the ride is over. By using my strategies, I can arrive at my destination feeling calm and ready for the rest of my day!

