



The Autism Program

AT BOSTON MEDICAL CENTER



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**Sometimes when someone
tells me NO, I get upset, I
get mad and I hit.
Sometimes I hit my friends,
or mom or dad. Sometimes I
hit myself.**



**Hitting hurts. It makes my
friends cry. It makes my
Mom and Dad cry. It makes
my friends not want to play
with me.**



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When I am mad I can take a deep breath and keep my hands to myself. I can ask for a hug, or take a break. Then people will want to be around me.