

STRATEGIES WE USE FOR **MEETING OUR NEEDS**

- Eat breakfast everyday.
- Look outside or ask a family member how to dress for the weather.
- Drink lot of water every day.
- Be a friend.
- Say kind words.
- Invite others to play with you.
- Share toys.
- Say "Sorry."
- Give your family member a hug, or tell them you love them.
- Write a note to friends or family members.
- Try new things.
- Practice new activities.
- Don't give up.
- Think about things you want to do someday.