

Lightning McQueen Can Slow



And I Can Too!



Sometimes Lightning McQueen goes too fast! His wheels keep spinning faster and faster. He needs to slow down and take a break. I can take a break when my body goes too fast too!



Sometimes Lightning McQueen gets angry when he has to stop racing. His engine needs a rest. I can take a break when my body needs rest too!



Sometimes Lightning McQueen's body is out of control. He flies through the air without any care. He needs a break to calm himself down and be safe. I can take a break to calm myself down when I feel out of control too!



Messy
garage.
He is sad.

Clean
garage.
He is
happy.



Sometimes Lightning McQueen feels sad when he has to clean his garage. It's okay. After he cleans his garage, he can choose another activity. I can choose another activity after I clean up my toys too!



Sometimes Lightning McQueen needs help! That's okay. He can ask his friends for help. I can ask my family for help when I need it too!



I feel safe!



Sometimes Lightning McQueen just wants to be alone. That's okay. He drives himself inside Mack the Hauler where he feels safe. When I want to be alone, I can go to my safe place too!