

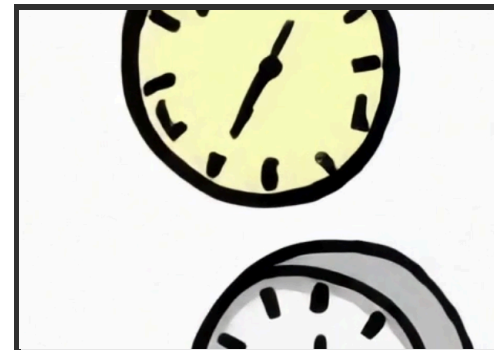
WAITING MY TURN



Sometimes when I am out in the community, I have to wait for my turn.



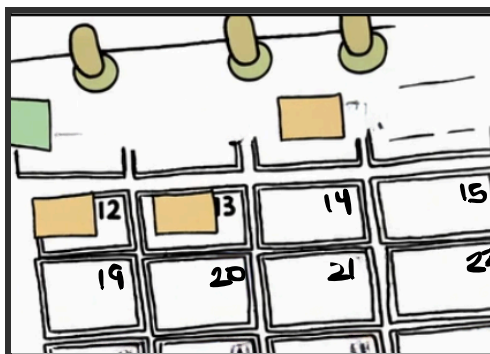
This could be for an appointment, waiting in line, or waiting for something to open/start.



Sometimes, I may have to wait for a short amount of time. Other times, I may have to wait for a long amount of time.



I can help myself feel better when I am waiting by doing things like: looking at a magazine, listening to music, sucking on a mint, talking to whoever I am with about my favourite things, or looking at my iPad.



If I cannot wait, I can try again on another day.



No matter how long I need to wait, I will be okay.

I should be proud of myself for however long I wait.