

Everyone feels worried and upset sometimes. When people throw away something in the trash that can be recycled, Lucas feels very worried and upset. When Lucas is upset, he asks if cardboard is recyclable over and over. This means that he feels upset and needs to calm down.

It is not Lucas's job to worry about the recyclables. While it is best to recycle when possible, not everyone recycles correctly and that is okay.

When Lucas sees someone throw away a recyclable, he should read his coping card. His coping card will help him calm down and feel better. Everything is not perfect all of the time and that is okay.