

Everyone feels bad sometimes. When people throw away something in the trash that goes in the blue bin, Lucas feels very bad. When Lucas feels bad, he asks about cardboard over and over.

Not everyone uses the blue bin and **that is okay**. It is not Lucas's job to worry.

When Lucas sees someone throw away cardboard or cans, he should **read his coping card**. His coping card will help him feel better.

Everything is not perfect all of the time and that is okay.

- Say to myself ***"Everything is not perfect all of the time and that is okay."***

- Take 5 deep breaths.



- Say to myself ***"Everything is not perfect all of the time and that is okay."***

- Distract myself by finding someone to talk to.



- Good conversation topics are: Sports, the weather, American Idol, and pets.