****

**My Mouth**

Integration Specialist – Tania Kraus

****

**Everyone has to sit and wait sometimes.**

****

**Everyone has to sit and listen sometimes.**

****

**It is hard when I have to sit and listen or wait.**



**Sometimes when I have to sit, I like to put my fingers in my mouth.**

****

**If I put my fingers in my mouth, my fingers get all wet and then it is hard to do my work in school.**

****

**I touch many things.  My hands and fingers get germs on them.**

****

**If I put my fingers in my mouth, I am putting germs in my body.**

****

**Some germs can make me sick.**



**I will try not to stick my fingers in my mouth.**

****

**When I have to sit and wait or listen, I will try to think of something else to do with my hands.**

****

**I have some ideas of what else I can do with my hands.**

* **I can squeeze a ball**
* **I can work for play-doh time**
* **I can draw a picture**