Politics is a word used to describe lots of things focused on the government such as political parties, the president and elections. Some people like talking about politics. Some people do not like talking about politics.
When an election will be held soon, people may talk about politics more. Election years are important events for our country. This is when adults 18 years and older can vote for leaders of their community, state and country.
When people talk about politics they may get upset or angry. This is because some topics discussed are sensitive and people care a lot about them.

It can be helpful to remember everyone has different opinions and that is okay!
Sometimes when adults are angry or upset, they may use bad words or actions to express their feelings. These are not words or actions I should use. Instead, I can use appropriate words and actions to express my feelings.
I am feeling:

- Happy
- Sad
- Excited
- Worried
- Angry
- Tired
Sometimes difficult topics, like politics, may make us feel uncomfortable. It can be scary to watch adults have strong reactions or emotions discussing politics. It is okay. I can use some activities to calm down.
My Calm Choice Board
Differing opinions are important. When people have different opinions, it helps other people learn and grow.
Sometimes when discussing politics, opinions and facts may become confused. If you are unsure what is an opinion or a fact, you can ask a trusted person to explain. You can also look up the facts online - websites that end in .gov are good places to start.
There are ways I can about talk politics. I may want to share an issue that is important to me, such as ______________.
When talking about politics there are a few "rules" to keep in mind.

1. Always be respectful. Everyone can have their own opinion even if I disagree.

2. Sometimes adults will not model correct behavior. I should not model their behavior.

3. If I am getting upset or angry, I can leave the conversation and use calming strategies.

4. Taking breaks from talking or reading about politics is a good idea.
Calm choices

- Sensory activities
- Yoga/Breathing
- Pet/Assist Dog
- Hobby/Fun Activity