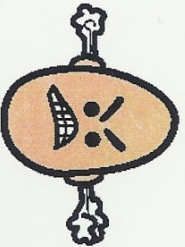
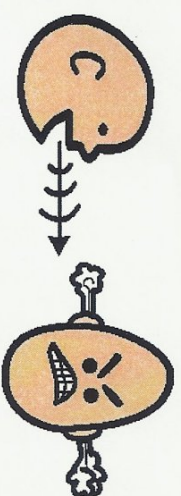


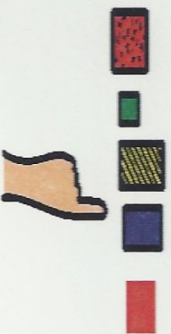
Grades 4-5: Cooling Off When You Feel Angry



Notice you are feeling angry.



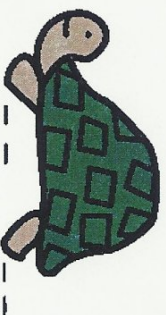
Say, "It's OK to feel angry.
It's not OK to hurt anyone."



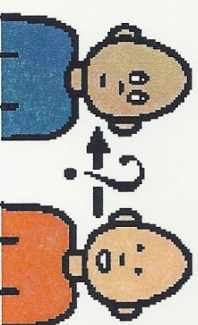
Choices



Burn it off.



Slow it down.

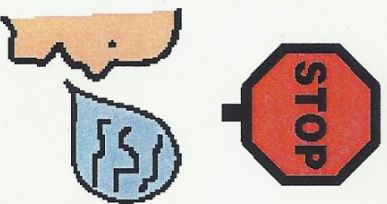


Ask to talk.

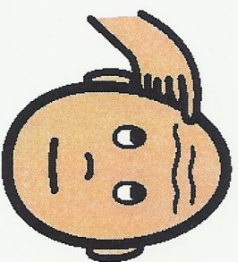


Do it.

Grades 4-5: Dealing With An Accusation



Stop and say, "I have to calm down."



Think about what the other person accused you of.

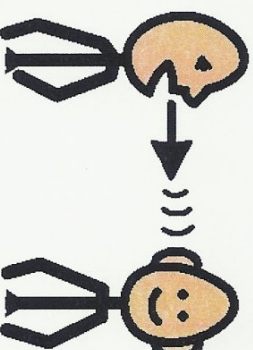


Ask, "Is this person right?"

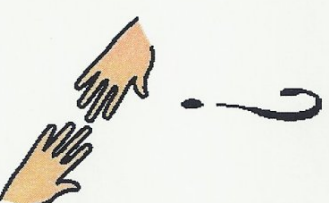
CHOICES



Walk away for now.



Talk to the person in a friendly way.



Ask for help in solving the problem.

1 - 2 - 3

Act out the best choice.

Grades 4-5: Expressing Your Feelings



Stop and think of how your body feels.



Decide what to call the feeling.

Happy?

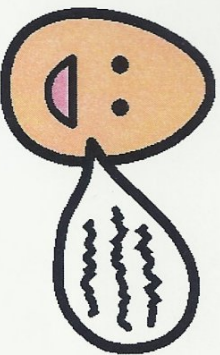


Grumpy?



Mad?

CHOICES



Say to the person,
"I feel ____."



Walk away for now.



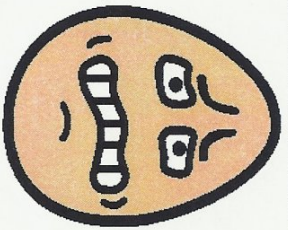
Get involved in an activity.

1-2-3

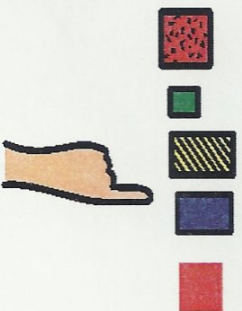


Act out your best choice.

Grades 4-5: How to Make Yourself Feel Better



Notice that you
feel uncomfortable.



Choose a way to help
yourself feel better.



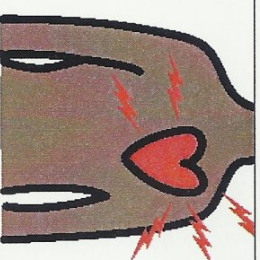
Do it.



Ask
to
talk.



Think positive
thoughts.



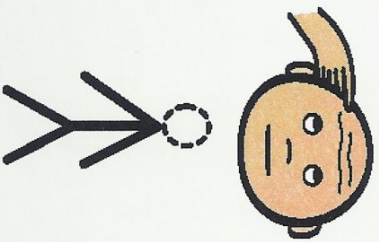
Try heart breathing.



Move on. Say, "It's time
to get back to work."

and

Grades 4-5: Knowing Your Feelings



Think about how
your body feels.



Happy

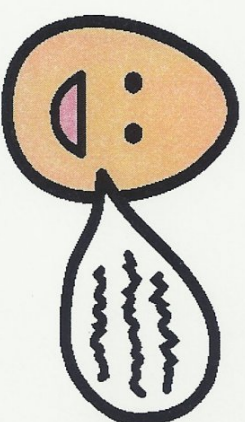


Sad



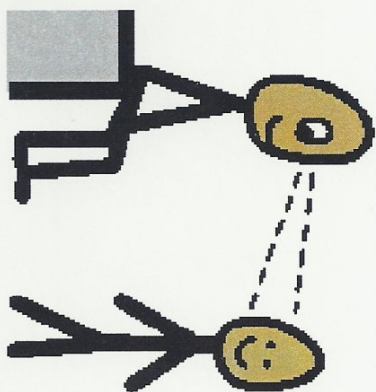
Confused

Decide what you could
call the feeling.

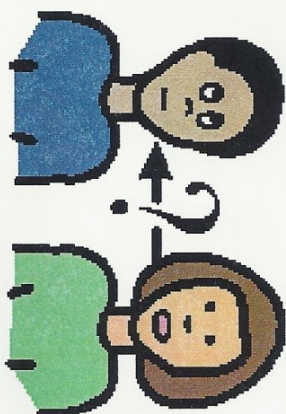


Say to self,
"I feel ____."

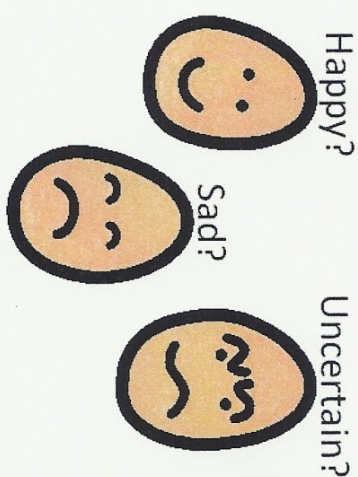
Grades 4-5: Recognizing Another's Feelings



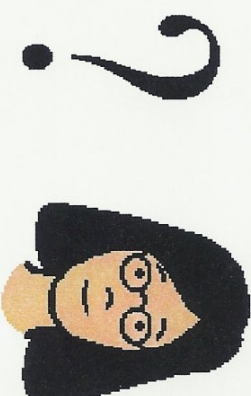
Watch the person.



Decide whether or not to ask if he/she is feeling that way.



Name what you think the person is feeling.



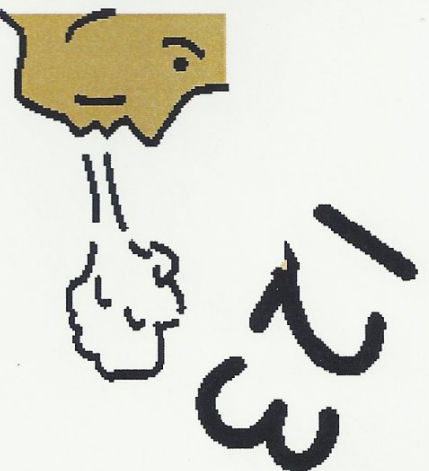
Ask in a concerned way.

Grades 4-5: Relaxing



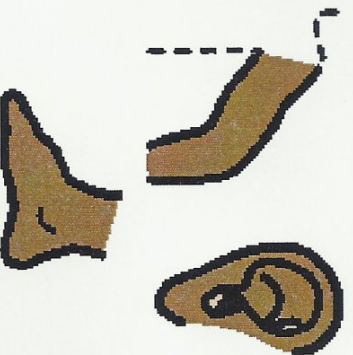
Decide if you
need to relax.

Take three, slow deep breaths.



Tighten one part of your body.
Count to three.
Relax.

1 - 2 - 3



Continue this for each
part of the body.



Ask yourself how you feel.

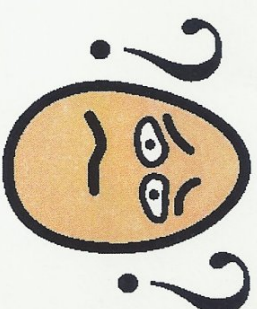
Grades 4-5: Staying Out of Fights



Stop
and

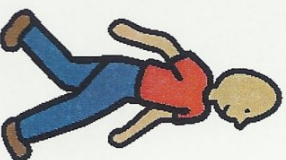
10

count
to 10.

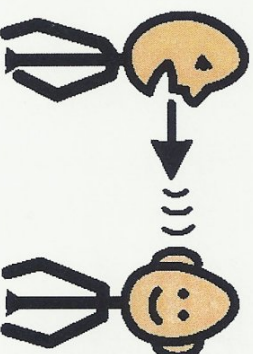


Decide what the
problem is.

CHOICES



Walk away for now.



Talk to the person
in a friendly way.

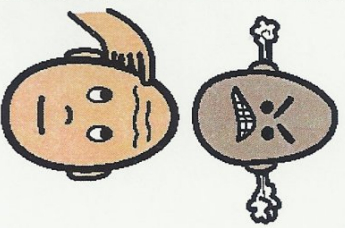


Ask for help.

1 - 2 - 3

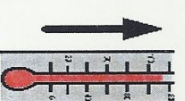
Act out the best choice.

Grades 4-5: Thinking Smart When You Feel Angry

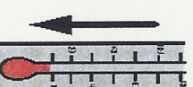


Stop and
say, "When
I feel angry,

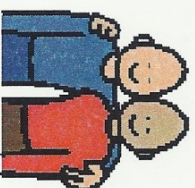
I need to
think
smart."



Change
hot
thoughts
to cool
thoughts.



CHOICES



Work it out.



Move on.



Do it!