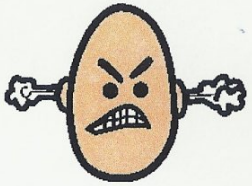
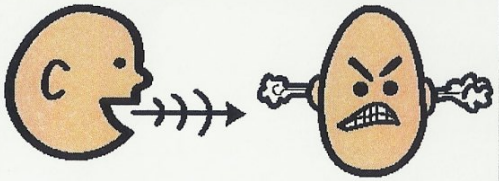
Grades 6-8: Cooling Off When You Feel Angry



Notice you are feeling angry.

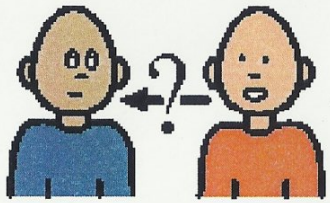


Say, "It's OK to feel angry.
It's not OK to hurt anyone."

Choose to

Burn it off.

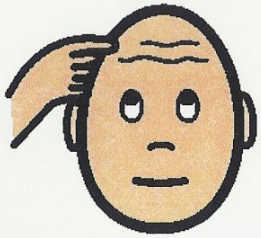
Slow it down.



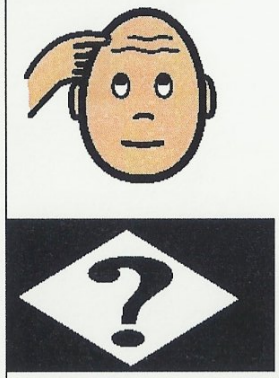
Ask to talk.

Do it.

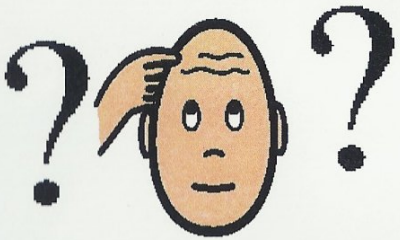
Grades 6-8: Dealing With Accusations



Think about what the other person accused you of.



Think about why the other person might have accused you.



Think about ways to answer the person's accusation.

1 - 2 - 3

Act out the best choice.

Grades 6-8: Dealing With Embarrassment

Decide if you are feeling embarrassed.

Decide what happened to make you feel embarrassed.

Decide on what will help you feel less embarrassed and do it.

Grades 6-8: Expressing Your Feelings

Tune in to what is going on in your body.

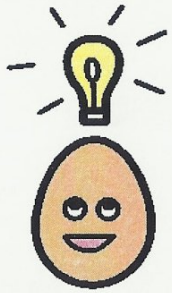
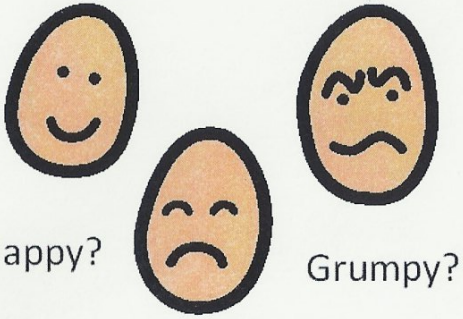
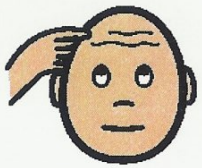


Figure out what happened to make you feel that way.

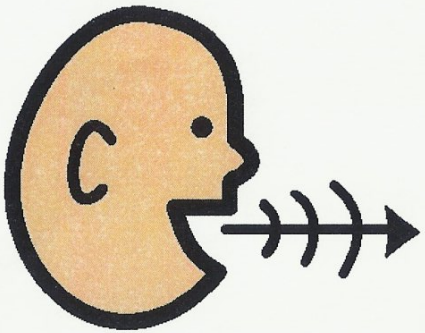
Decide what you are feeling.



Think about the different ways to express your feelings.

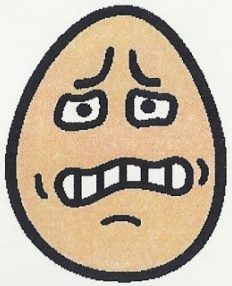


Pick one.

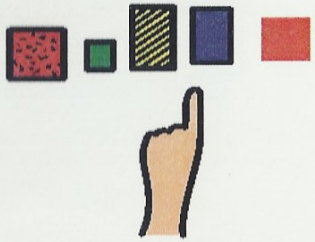


Express your feelings.

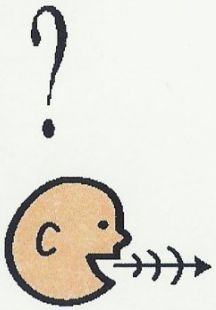
Grades 6-8: How to Help Yourself Feel Better



Notice that you feel uncomfortable.

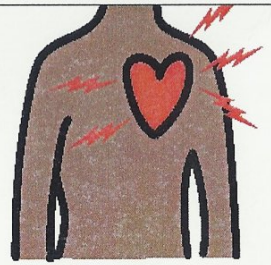


Choose a way to help yourself feel better.



Ask to talk.

Think positive thoughts.



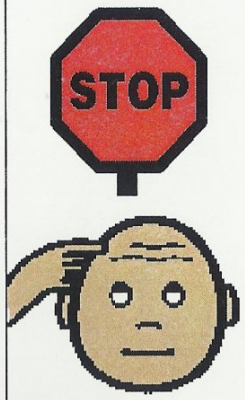
Try heart breathing.

Do it.

and

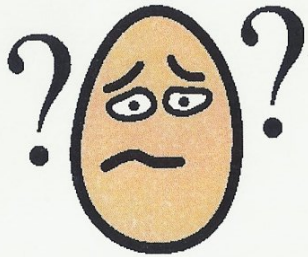
Move on.

Grades 6-8: Keeping Out of Fights



Stop and

think about why you want to fight.



Decide what you want to happen in the long run.

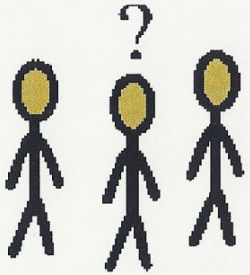
Think about other ways to handle the situation besides fighting.

1 - 2 - 3

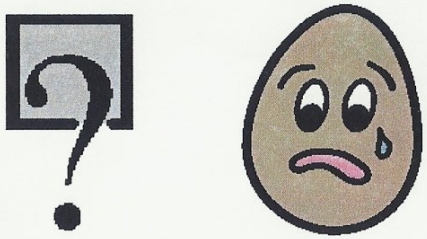
?

Decide on the best way to handle the situation and do it.

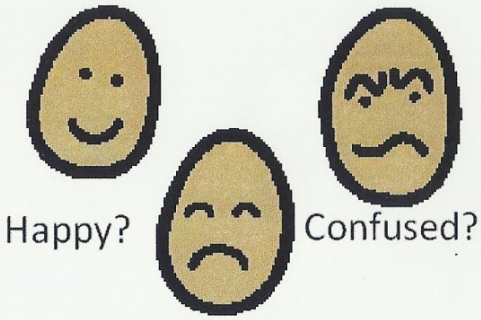
Grades 6-8: Knowing Your Feelings



Tune in to what is going on in your body. This helps you know what you are feeling.

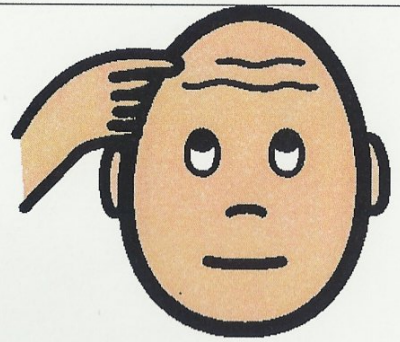


Decide what happened to make you that way.



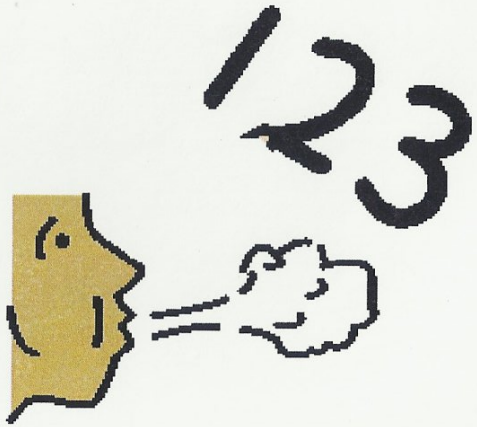
Decide what you could call the feeling.

Grades 6-8: Relaxing

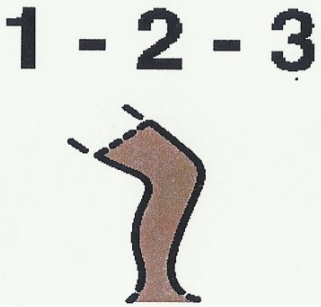


Decide if you need to relax.

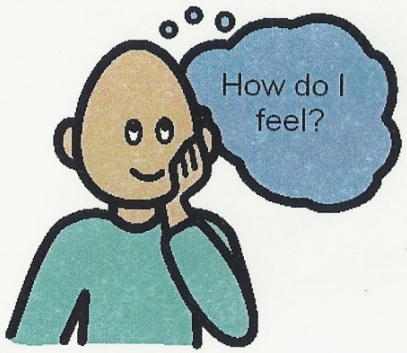
Take three, slow deep breaths.



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

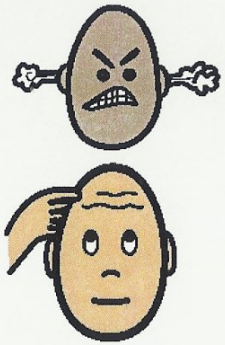


Continue this for each part of the body.



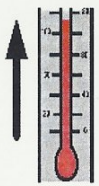
Ask yourself how you feel.

Grades 6-8: Thinking Smart When You Feel Angry



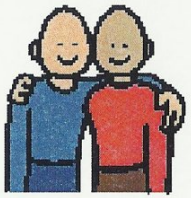
Stop and say, "When I feel angry,

I need to think smart."



Change hot thoughts to cool thoughts.

CHOICES



Work it out.

Move on.

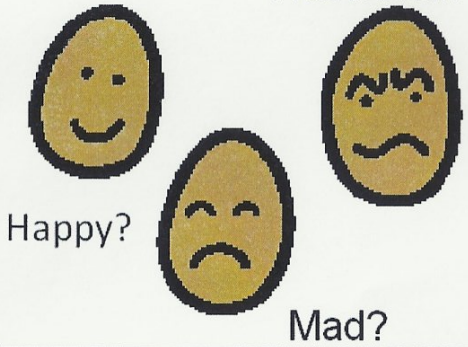
Do it!

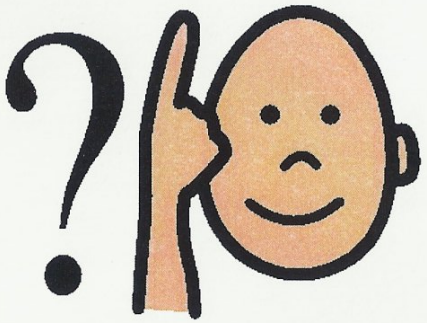
Grades 6-8: Understanding the Feelings of Others

Watch the other person.

Listen to what the other person is saying.

Figure out what the other person might be feeling.





Think about ways to show you understand what he or she is feeling.

Decide on the best way and do it.