Grades 4-5: Cooling Off When You Feel Angry

Ask to talk.
Slow it down.

Burn it off.

Choices

Anyone: ''It's not ok to hurt anyone.

Angry.

Say, ''it's ok to feel angry.

Notice you are feeling angry.
Act out the best choice.

1 - 2 - 3 -

CHOICES

Grades 4-5: Dealing With An Accusation

Problem.
The solving help in
Ask for

In a friendly way:
Talk to the person

Walk away for now.

Think about what the other person accused you of.

Yes
No

Ask, "Is this right?"

Stop

Stop and say, "I have"

down." to calm

Grades 4-5: Dealing With An Accusation
Grades 4-5: Expressing Your Feelings

1-2-3

Act out your best choice.

Say to the person, "I feel _______."

Stop and think of how your body feels.

Walk away for now.

Get involved in an activity.

Choose a word that best describes your feeling: Happy, Mad, Grumpy.

Decide what to call the feeling.
Move on. Say, "It's time to get back to work."

Try heart breathing.

Think positive thoughts.

I feel better.

Talk.

Ask.

Choose a way to help yourself feel better.

Notice that you feel uncomfortable.
Think about how your body feels.

Decide what you could call the feeling.

Say to self, "I feel _____ ."

Happy

Sad

Confused
Ask in a concerned way.

Decide whether or not to ask.

If he/she is feeling that way.

Watch the person.

The person is feeling.

Name what you think.

Uncertain? Happy? Sad?
Ask yourself how you feel.

Continue this for each part of the body.

What do I feel?

R: Relax.
C: Count to three.
T: Tightly one part of your body.

Take three slow deep breaths.

Relaxing Grades 4-5: Relaxing

Decide if you need to relax.
Act out the best choice.

1 - 2 - 3

CHOICES

Walk away for now.

Talk to the person in a friendly way.

Ask for help.

Decide what the problem is.

Grades 4-5: Staying Out of Fights

Count to 10 and stop.
**Do it!**

**Go!**

**Move on.**

**Work it out.**

**Choices**

**Smart**

I need to

I feel angry,

When

Stop and

Think

I say, "When

Grades 4-5: Thinking Smart When You Feel Angry

thoughts:
- hot
- cool

Change thoughts:
- to cool
- to hot