Grades 6-8: Cooling Off When You Feel Angry

Ask to talk.

Slow it down.

Burn it off.

Choose to

anyone.
It's not OK to hurt.

Angry.

It's OK to feel

Say, "It's OK to feel

Angry."

Notice you are feeling

Angry.
Act out the best choice.

1-2-3

Think about ways to answer the person's accusation.

Think about what the other person accused you of.

Think about what the other might have.

Grades 6-8: Dealing With Accusations
Grades 6-8: Dealing With Embarrassment

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

embarrassed.
Feel
you
to make
happened
what
Decide

embarrassed.
Decide if you are
Express your feelings.

Think about the different ways to express your feelings.

Tone:

In your body, going on what is happening. Tune in to what you are feeling.

Decide what you are feeling.

Grumpy, Happy, Sad.

Figure out what happened to make you feel that way.

Grades 6-8: Expressing Your Feelings
Go!

Do it.

Choose a way to help yourself feel better.

Notice that you feel uncomfortable.

Ask to talk.

Think positive thoughts.

Feel better now.

Try heart breathing.

Move on.

and

Grades 6-8: How to Help Yourself Feel Better
Grades 6-8: Keeping Out of Fights

1. Decide on the best way to handle the situation.
2. Decide what you want to happen in the long run.
3. Think about other ways I could stop what else.

Think about what you think about why you want to fight.

Stop and think about.
Grades 6-8: Knowing Your Feelings
Continue this for each part of the body.

Ask yourself how you feel.

How do I feel?

Decide if you need to relax.

Take three slow deep breaths.

Tighten one part of your body.

Relax. Count to three.

1 - 2 - 3
Grades 6-8: Thinking Smart When You Feel Angry

**Do it!**

**CHOICES**

Stop and say, "When I feel angry, I need to think smart."

**Work it out.**

**Move on.**

Change hot thoughts to cool thoughts.
Grades 6-8: Understanding the Feelings of Others

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

Watch the other person.

Listen to what the other person is saying.

Decide on the best way and do it.

Figure out what the other person might be feeling.

Happy?

Mad?

Frustrated?