1. Do it.
2. Choose.
3. Notice you are feeling angry.
4. Turtle.
5. Rabbit.
6. Ask to talk.
7. Say, "It's OK to feel angry. It's not OK to hurt anyone."
Grades 1-3: Dealing With An Accusation

Act out the best choice.

1 - 2 - 3

CHOICES

Talk to the person.

Walk away for now.

Think about what the other person accused you of.

Stop and say, "I have this." 

Ask, "Is this right?"

If "yes," ask the other person to help in solving the problem.

"No" means you have to solve the problem.
Grades 1-3: Expressing Your Feelings

1-2-3

Act out your best choice.

CHOICES

Say to the person, "feel _ _ _ _ _ ."

Stop and think of how your body feels.

Walk away for now.

Get involved in an activity.

Decide what to call the feeling.

Happy? Grumpy? Mad?
Move on. Say, “It's time to get back to work.”

Try heart breathing.

Think positive thoughts.

Feel better.

Talk to help.

Ask.

Choose a way to help yourself feel better.

Notice that you feel uncomfortable.

Grades 1-3: How to Make Yourself Feel Better
I feel sad.

Decide what you feel:

Sad, Happy, Confused

Think about how your body feels.

Grades 1-3: Knowing Your Feelings
Ask in a concerned way.

Decide whether or not to ask.

If he/she is feeling that way.

The person is feeling.

Name what you think.

Watch the person.

Uncertain

Happy

Sad

Grades 1-3: Recognizing Another's 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.

Count to three.

Relax.

1 2 3

1 2 3

Grades 1-3: Relaxing
Grades 1-3: Staying Out of Fights

1-2-3

Act out the best choice.

CHOICES

Walk away for now.

Talk to the person in a friendly way.

Ask for help.

Decide what the problem is.

Stop count to 10 and stop.
Grades 1-3: Thinking Smart When You Feel Angry

1. Move on.
2. Work it out.
3. Choose
   - think smart
   - I need to
   - I feel angry
   - Say, "When"

Tips:
- Change hot thoughts to cool thoughts.