

What To Do When I'm Sad or Mad (especially when I'm Mad/Angry)

My name is [student name] , and this is a story about me! I go to [School Name]. I know many kids and adults at [School Name]. Some of my friends are [insert student names]. Some of the adults I know are [list adult names]. Here is a picture of some of us together.

Insert picture of student
and of friends and/or
adults or use alternate
story w/clip art

All my friends and teachers and other adults at [School Name] are like me. They have feelings. Sometimes I feel happy. Sometimes I feel sad. And sometimes I even feel angry or mad. Guess what? My friends and teachers, and lots of other people at [School Name] feel like I do too.

This is [student or adult name]
feeling happy!

Insert adult or student
SMILING or use alternate
story w/clip art

This is [student or adult name] feeling sad.

Insert adult or student with a frown, downcast face or use alternate story w/clip art

Usually when we feel happy we smile and talk to each other. When we feel sad we might cry or put our head down, or go to another place where it is quiet. We might want to talk to someone too.

Insert photo of 2 students talking together

Insert photo of student with head down on desk

Insert photo of student working on computer

OR USE ALTERNATE STORY
WITH CLIP ART

But when we feel angry it is hard to know what to do. Sometimes I feel like hitting or pushing. Sometimes my friends feel that way too. But guess what? My friends, teachers, and other adults at Harrison try to do some other things when they are mad.

This is [Adult name] taking a deep breath. She breathes in and out 3 times when she is angry.

They might squeeze their hands together when they are angry.

Insert photo of familiar adult with cheeks filled

OR USE ALTERNATE STORY WITH CLIP ART

This is [Familiar adult's name] squeezing her hands when she is angry.

Insert photo of familiar adult squeezing her fists

OR USE ALTERNATE STORY WITH CLIP ART

My friends might count to 10 when they are mad.

This is [student name] counting to 10 when

He/she feels angry or mad.

Insert photo of student with fingers out as if counting

OR USE ALTERNATE STORY WITH CLIP ART

They probably go tell an adult how they feel because the adult can help them.

This is [student name] telling [teacher's name] why she is angry. [Teacher's name] knows she can help her.

Insert photo of student
talking with teacher.

OR USE ALTERNATE STORY
WITH CLIP ART

When my friends and teachers and other adults think of something else to do when they are angry they feel good about themselves. They know they made good choices. Sometimes they might write a note home to their mom about the good choice they made. They might write:

Dear Mom,

Today I got angry. I took 3 deep breaths then stopped and told an adult why I was made. After I talked I felt better.

This is [Student Name] writing a note.

Insert photo of student
writing at desk

OR USE ALTERNATE STORY
WITH CLIP ART

When I make good choices I use a chart to show my Mom.

Insert photo of subject
of story OR an adult
holding up a
reinforcement chart

OR USE ALTERNATE STORY

This is what I'm going to try and do too. When I get mad I will try to take 3 breaths, or squeeze my hands, or count to 10 and then talk to an adult. I will feel better because I made good choices. When I make good choices I get happy faces on my chart! That makes ME happy too. When I make good choices, my mom will be proud, my friends will be proud, my teachers will be proud and so will I!

Insert photo of student
with friends and adults

OR USE ALTERNATE STORY
WITH clip art