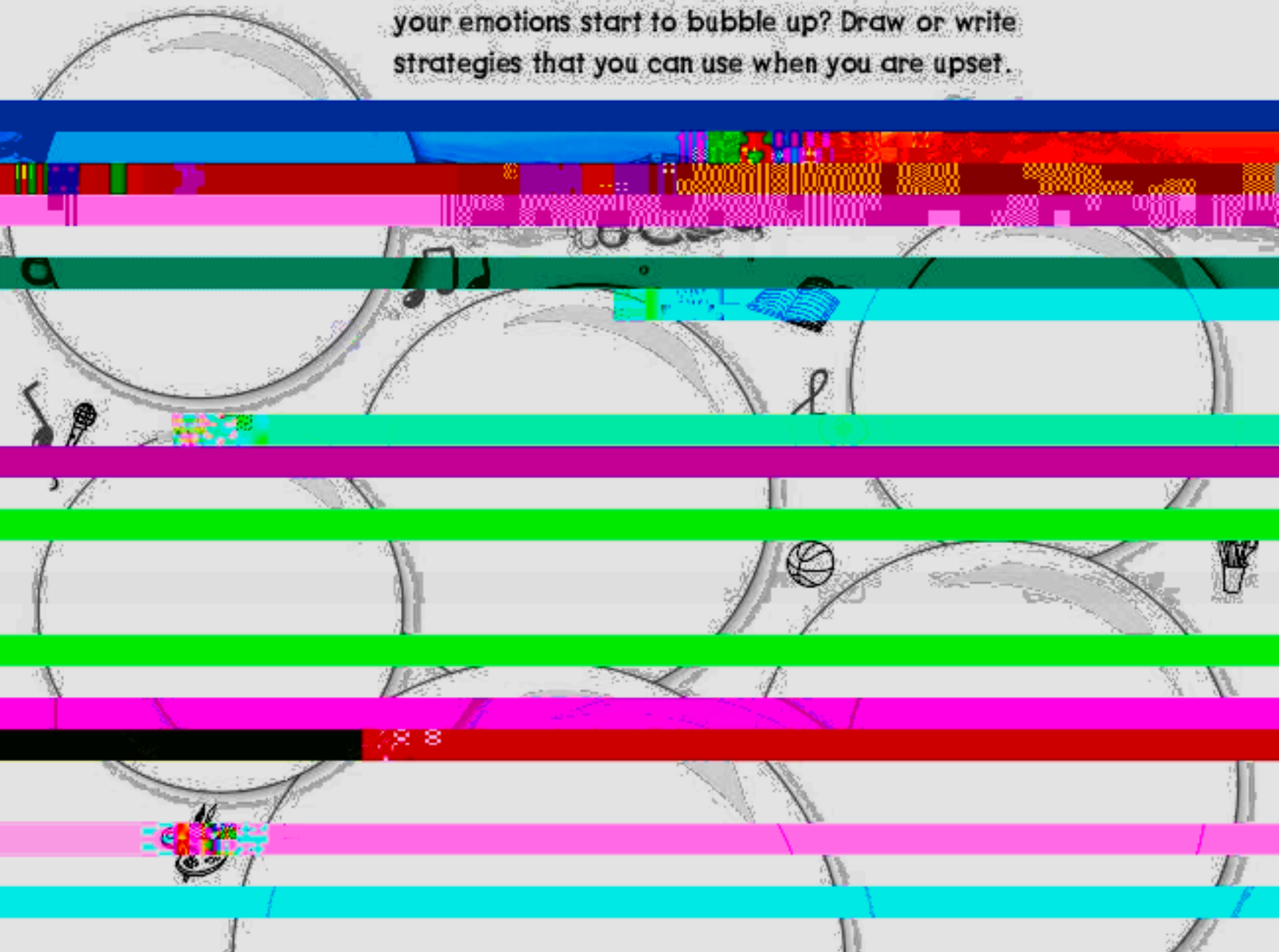


mp

What are ways that you can calm down when your emotions start to bubble up? Draw or write strategies that you can use when you are upset.

BUBBLING

A conflict is a disagreement between people. It happens to everyone. When they do, it's important to stay calm. Before you can make things better, you need to use your thinking calm brain. It helps you make better decisions.



CHECK IN

Color the emotion that matches how

Everyone has problems! When you have a problem...

PROBLEMS



QUARTER

DOLLAR

PROBLEMS

...first figure out what the problem is.

Then, figure out the size of the problem.

Once you know how big it is, you can

figure out what to do next.

Problems come in different shapes and sizes. DRAW

each problem. EXPLAIN how you would solve each

problem.

something that is frustrating, and no one

is in

Medium problems, or quarter

is breaking rules.

Big problems, or dollar

problems, or emergency and are dangerous.

problem:

solution:

solution:

problem:

solution:

CHECK IN

Color the emotion that matches how you are



A CUPFUL OF

COURAGE

You **courage** comes from your heart. It helps you to do the right thing even when it is not easy. There are many ways to show courage. You can try something new, overcome a challenge, or tell someone how you feel. How do you show courage?

Write and draw

how you show courage.

CHECK IN

Color the eyes and write what you are feeling or draw your own.

