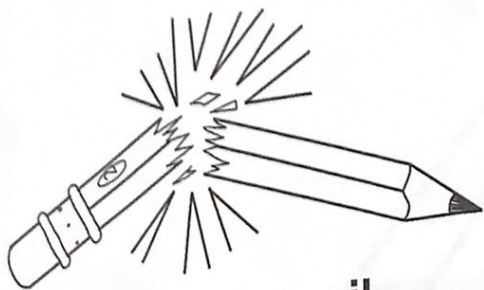


The Stop Song Cheer



Ssssstop! Stop right now!
Tell yourself, "Calm down."
Open your fists. Count to ten.
Pause 'til you can think again.

Directions: Circle two good things to do when you feel angry.



Break a pencil.

12345678910

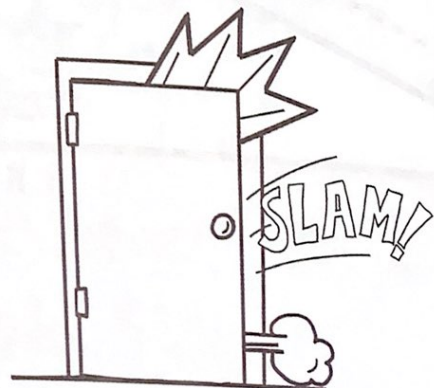
Count to ten.



Hit someone.



Stop and think.

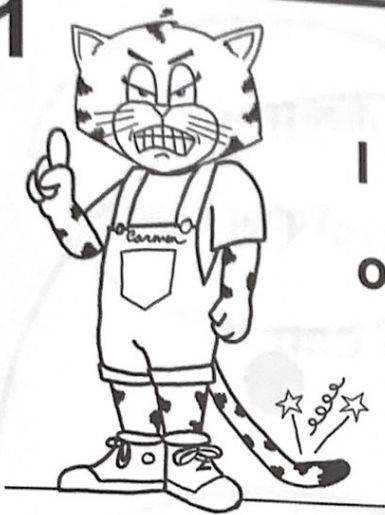


Slam a door.

Name That Feeling

Directions: Look at the picture of Carmen. Read the sentence and choose the feeling word that tells how Carmen feels. Write that word in the blank.

1

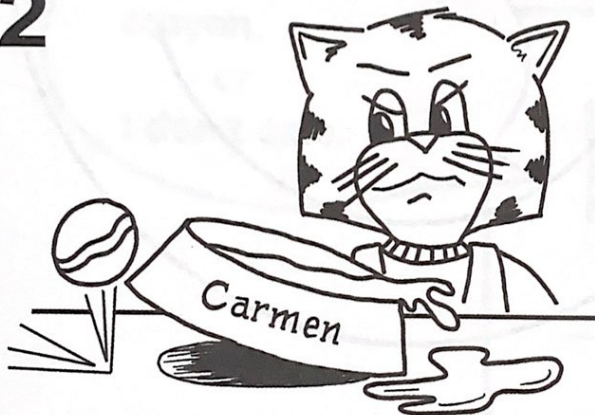


I feel _____ when you step on my tail.

mad

silly

2



I feel _____ when you spill my milk.

proud

upset

3



I feel _____ when you call me a scaredy cat.

angry

happy