






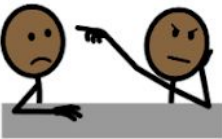


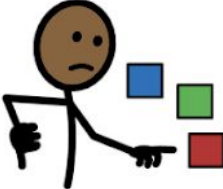
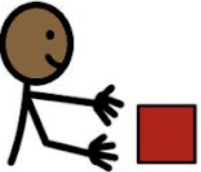

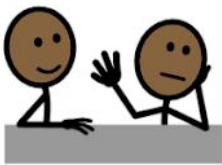

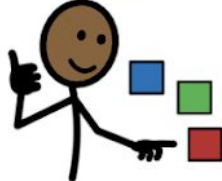




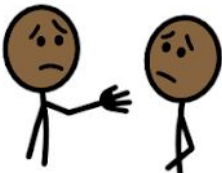












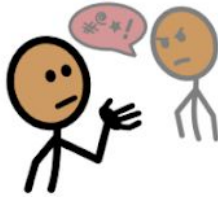
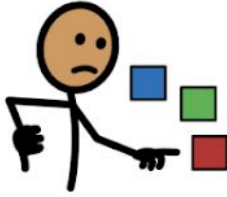
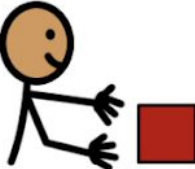

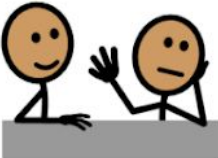

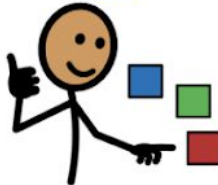




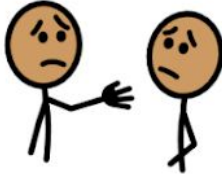










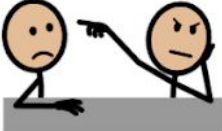

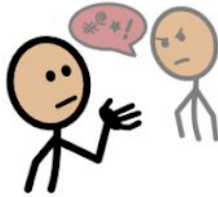
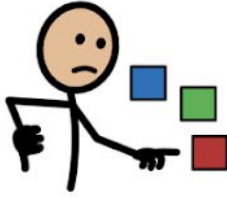
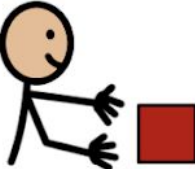



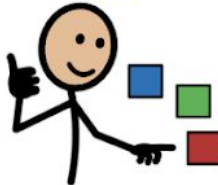




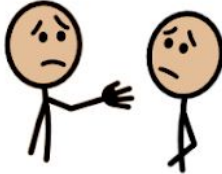




Coping with Difficult Emotions

(How to use: Cover first page with a plastic page protector and circle items with a dry-erase marker -or- laminate both pages, cut out the pictures, and secure them to the second page with velcro (that way your child can move the pieces to the boxes next to "How", "Why", "Want", and "Do". Comes with 3 skin tones).

How I Feel 		mad 	sad 	confused 	worried 		
Why 		I got in trouble 	not fair 	I need help 	someone is being mean 	I don't want to do this 	
What I want 		help 	get someone to stop 	people to be nice to me 	do something else 	do a good job and earn points 	
What I'll do 		ask to take a break 	tell my teacher how I feel 	say sorry and make good choices 	ask for help 	ask to work on something else and do this after 	ask to talk to my teacher and my classmates 

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