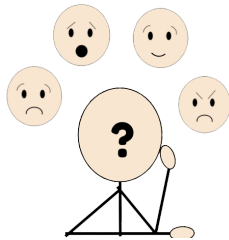


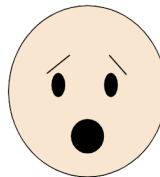

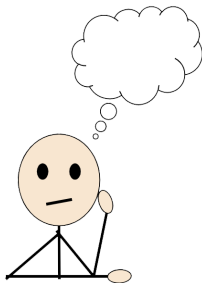
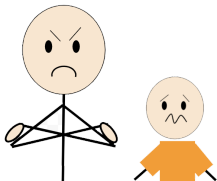
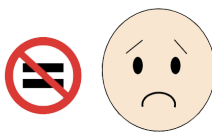
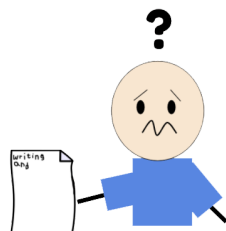

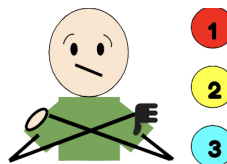
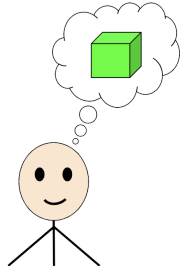

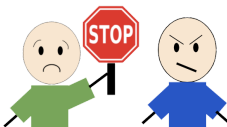
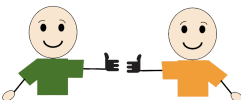
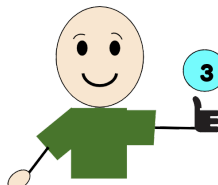

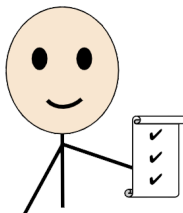
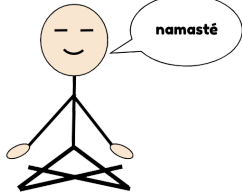
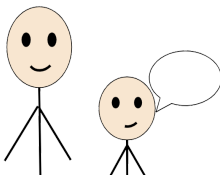
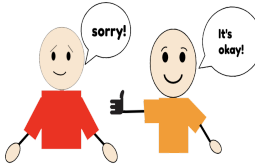
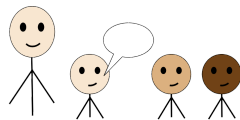








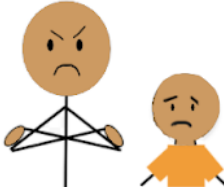




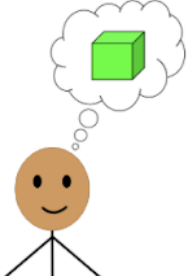


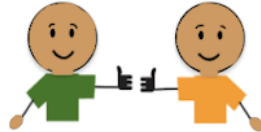


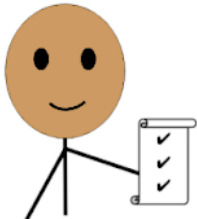

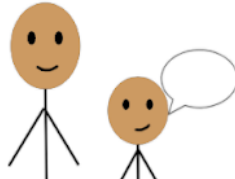


Coping with Difficult Emotions

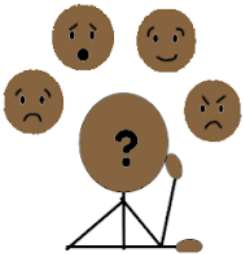



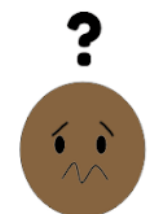

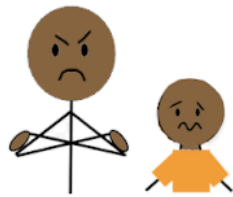




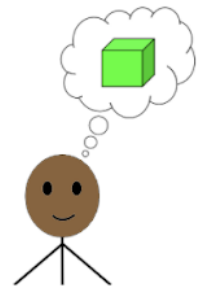


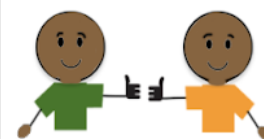
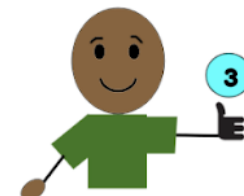

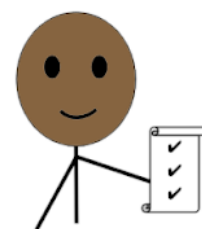

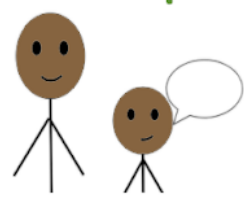


How to use:

Laminate the page and have your child use a dry-erase marker to circle items (one for each row) -or- turn it into a velcro board by laminating two copies: one to use as the board, and one for cutting out the picture cards that will be velcroed to the board.

***Comes in 3 different skin tones. Hair has been purposely left out so that your child can customize the characters' hairstyles.**

How I Feel 		sad 	mad 	worried 	confused 			
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 	ask your teacher for help 	say sorry and make good choices 	ask to work on something else and do this after <table data-bbox="1482 1310 1728 1417"><tr><td>First</td><td>Then</td></tr></table>	First	Then	ask to talk to my teacher and my classmates 
First	Then							

How I Feel 		sad 	mad 	worried 	confused 			
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 	ask your teacher for help 	say sorry and make good choices 	ask to work on something else and do this after <table data-bbox="1507 1346 1764 1456"><tr><td>First</td><td>Then</td></tr></table>	First	Then	ask to talk to my teacher and my classmates 
First	Then							

How I Feel 		sad 	mad 	worried 	confused 					
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 	ask your teacher for help 	say sorry and make good choices 	ask to work on something else and do this after <table data-bbox="1499 1304 1761 1419"><tr><td>First</td><td>Then</td></tr><tr><td></td><td></td></tr></table>	First	Then			ask to talk to my teacher and my classmates 
First	Then									