

Angry Choices

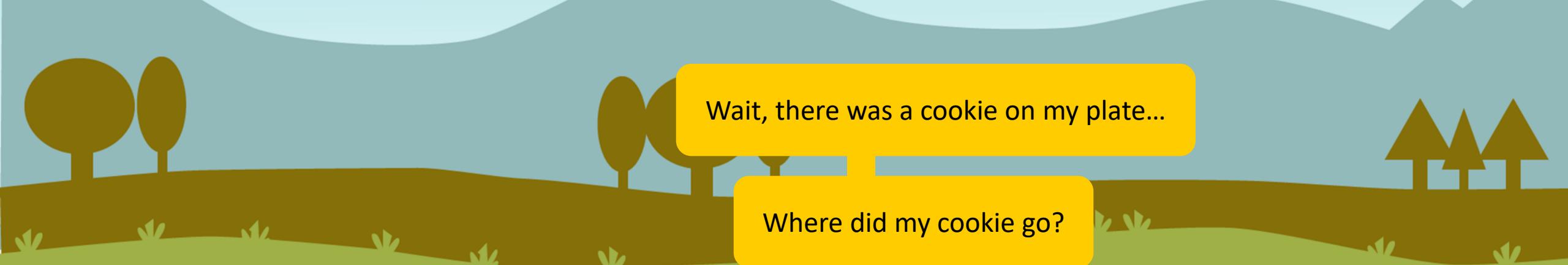
Short Stories about Hurting Others





I'm back!





Wait, there was a cookie on my plate...

Where did my cookie go?





Oh, no... I ate it...



I'm really sorry. I thought that was my plate...





What?!

You ate my cookie?!





Kate, you seem really mad...

How about we go for a walk?





Grr...

Okay...





After Kate and Mia walk for a few minutes...





That walk really helped me calm down. I feel much better now!

Why did I get so mad over a cookie?



It's okay to get mad. We all get mad sometimes!

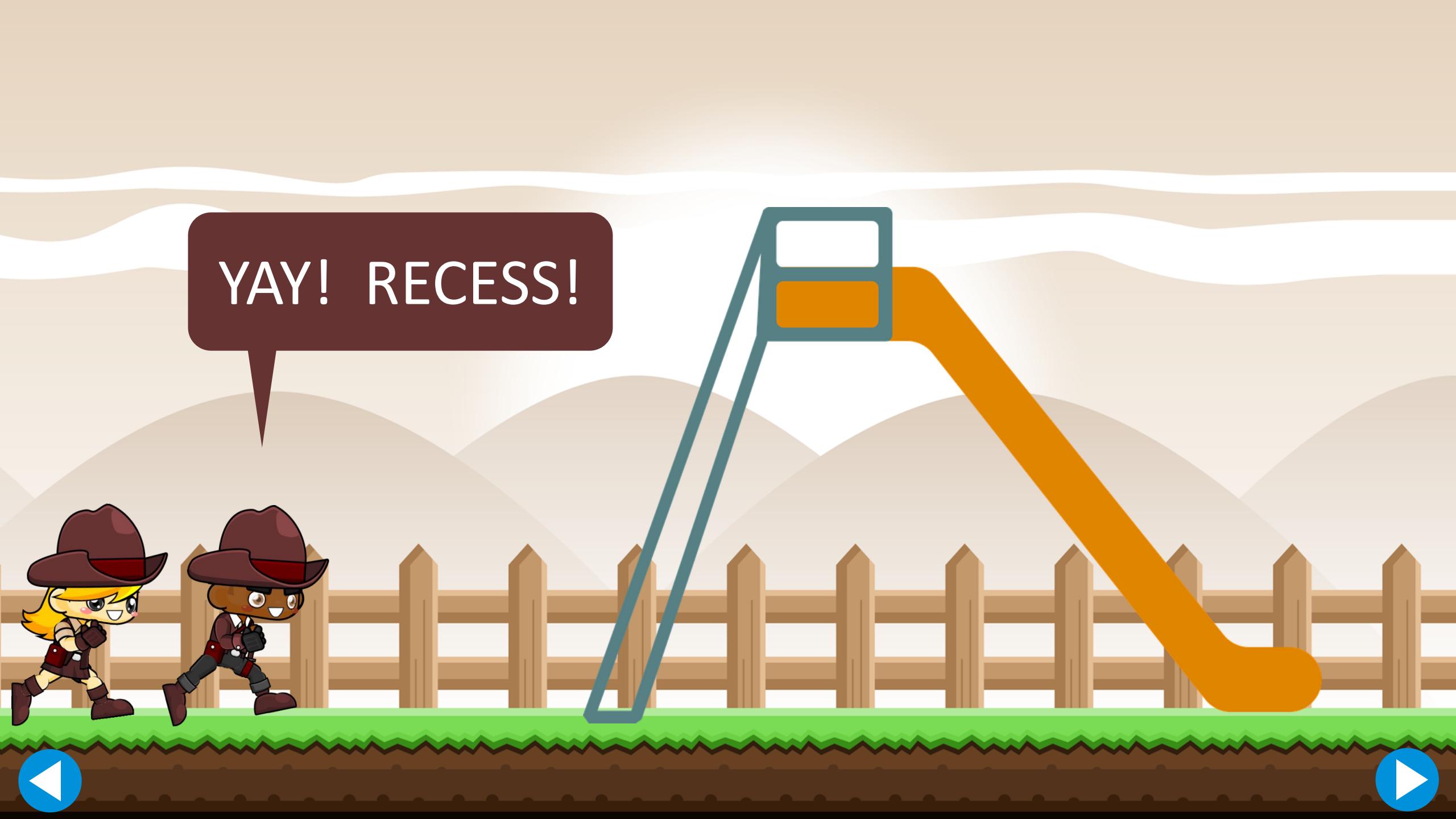
When we feel mad, we should stop and calm down so we don't do angry things.



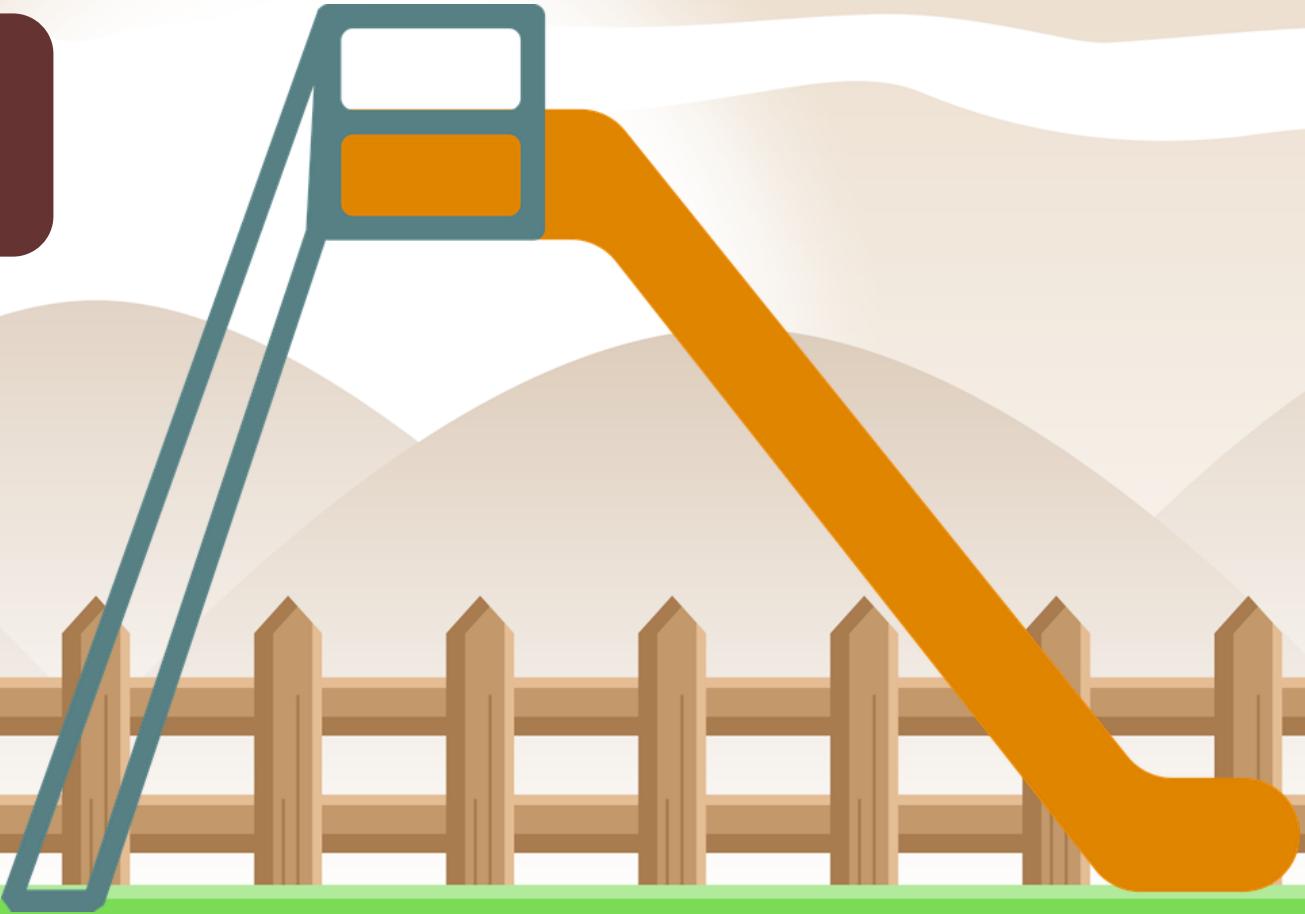
There are lots of good ways to calm down. Here are some of them:

- Go for a walk
- Stop and take 10 deep breaths
- Draw a picture of what made you mad or write it down



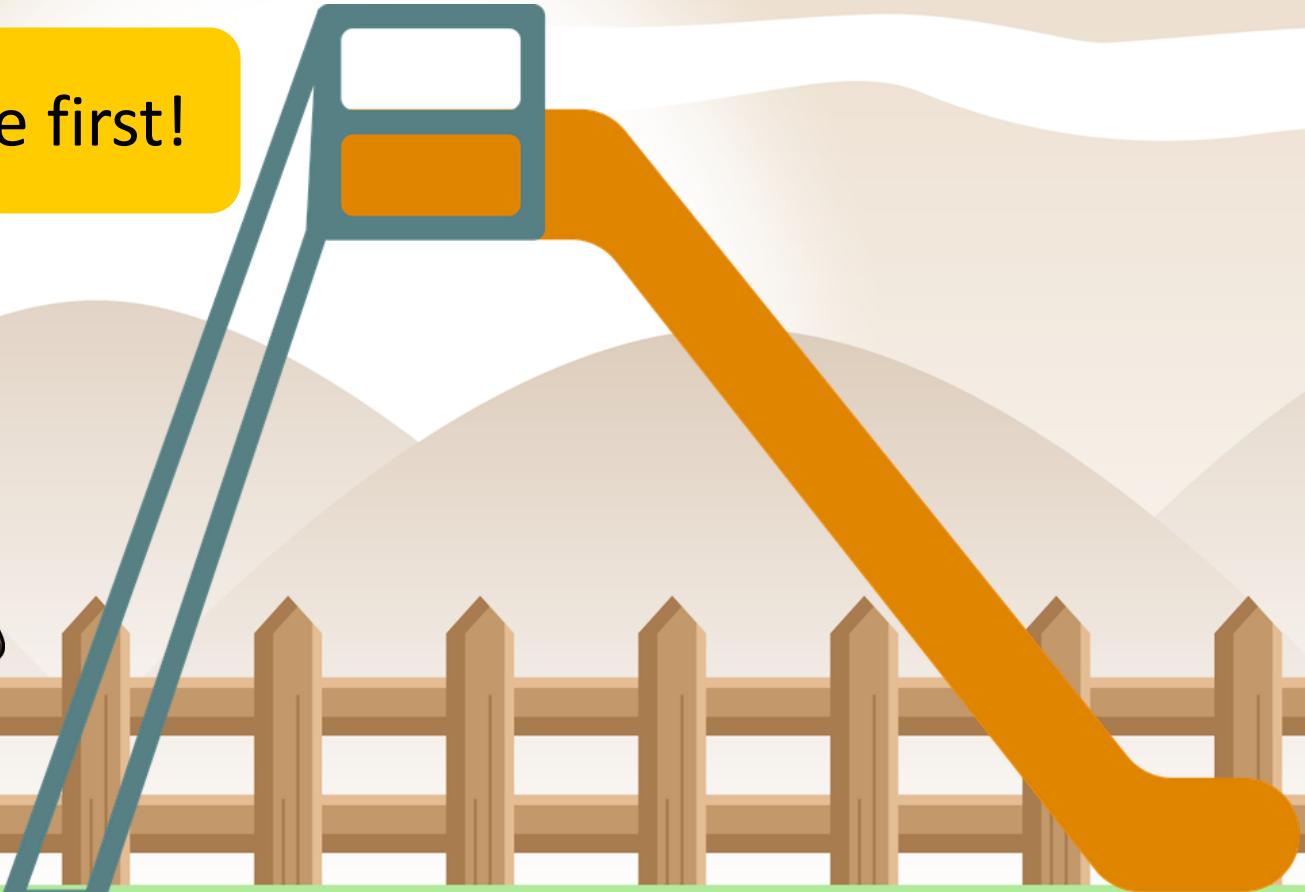


YAY! RECESS!





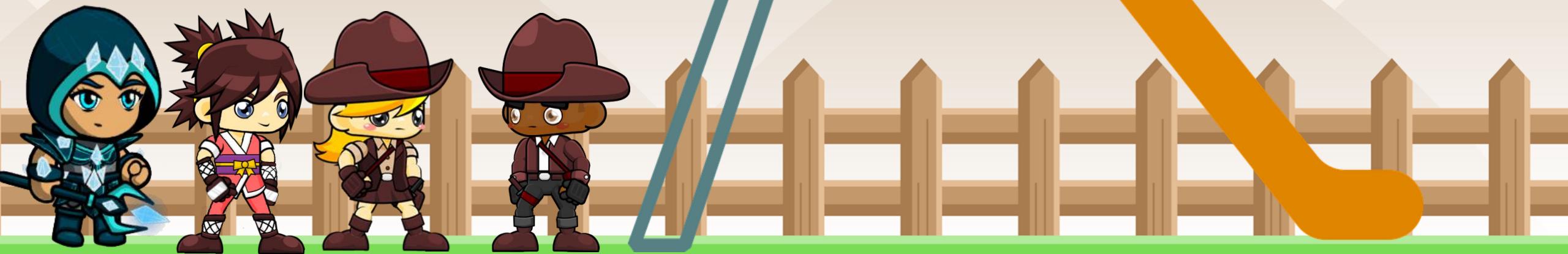
I get to go on the slide first!





No I do!

I got here first!





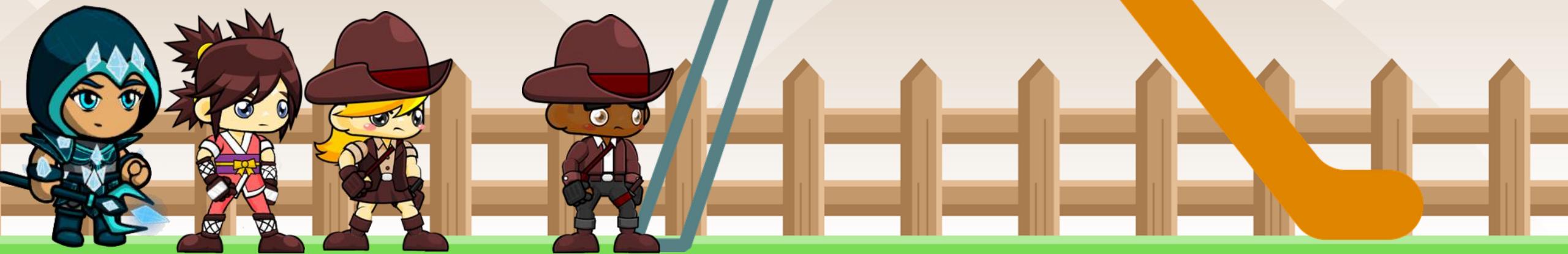
That's not fair!

I should get to go first!



No, I'm going first...

...then you can go.





GAAAHHH!!!

AAAHHH!!





I'M GOING FIRST!

OWW!!





I'm telling the teacher!

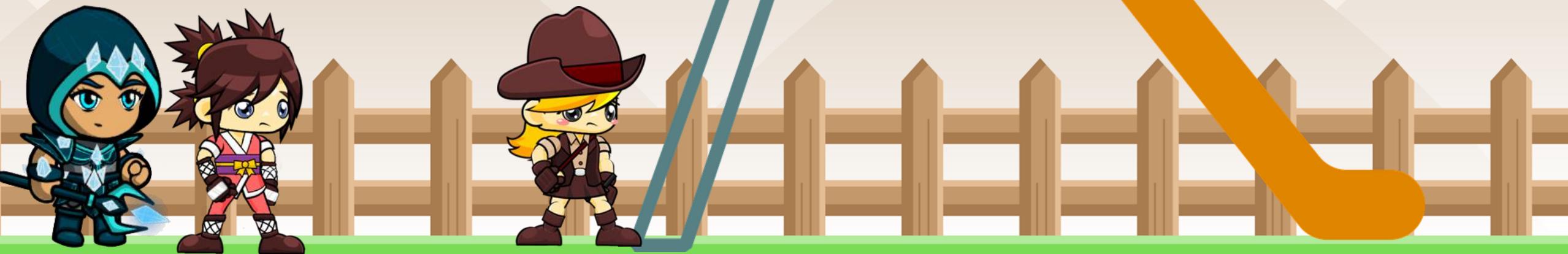


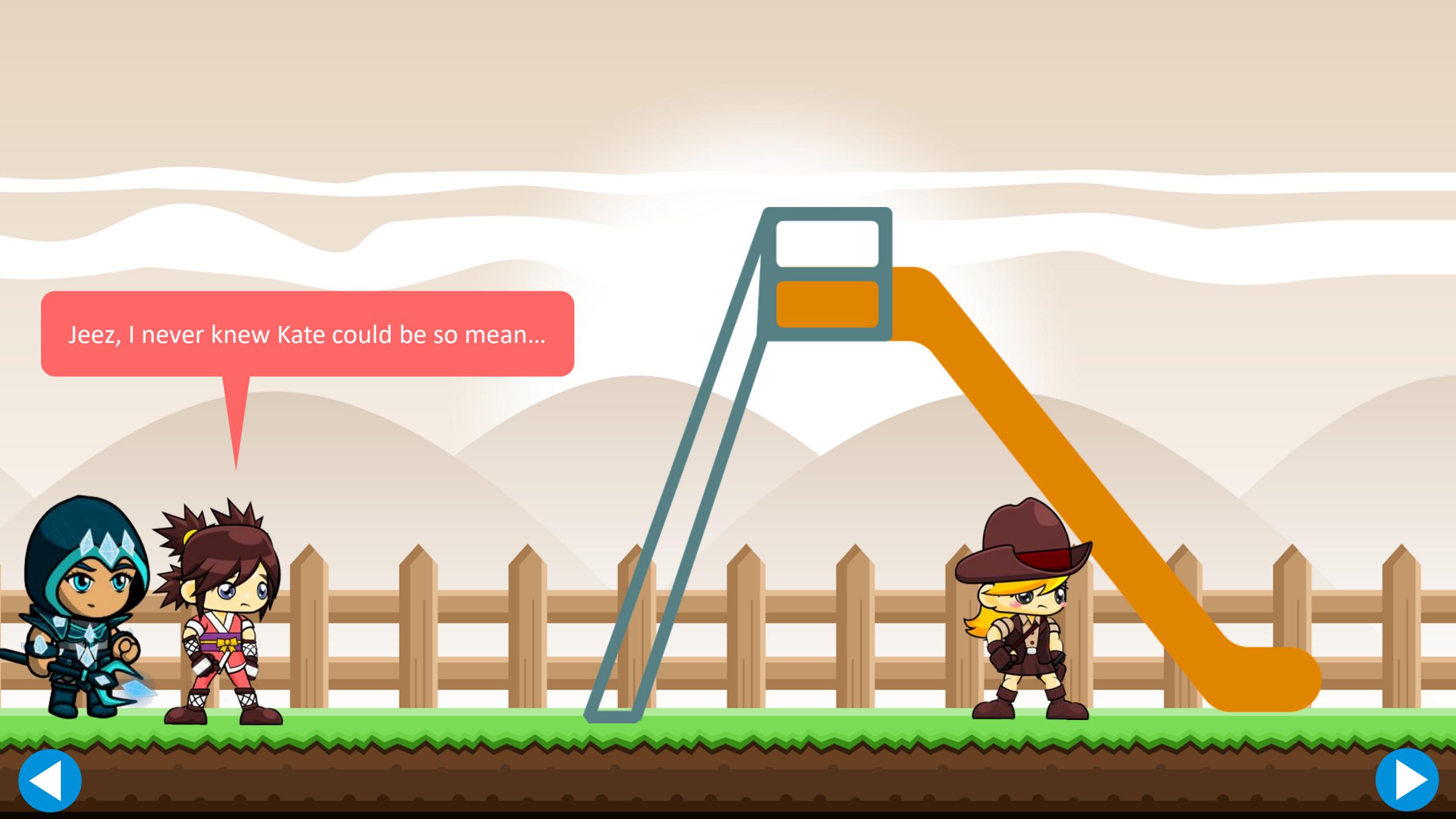




Come here Kate!

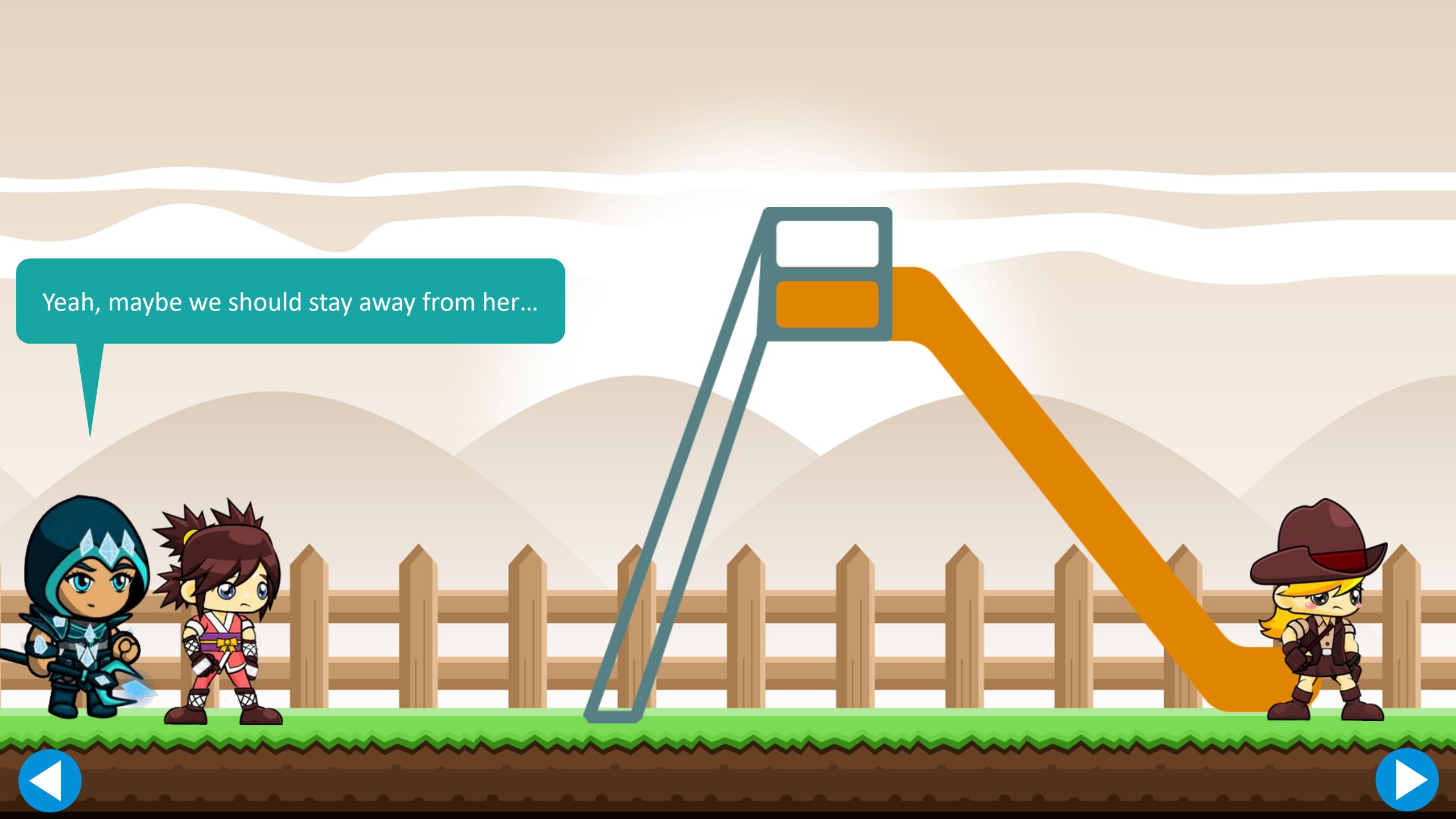
You know hurting others is never okay!



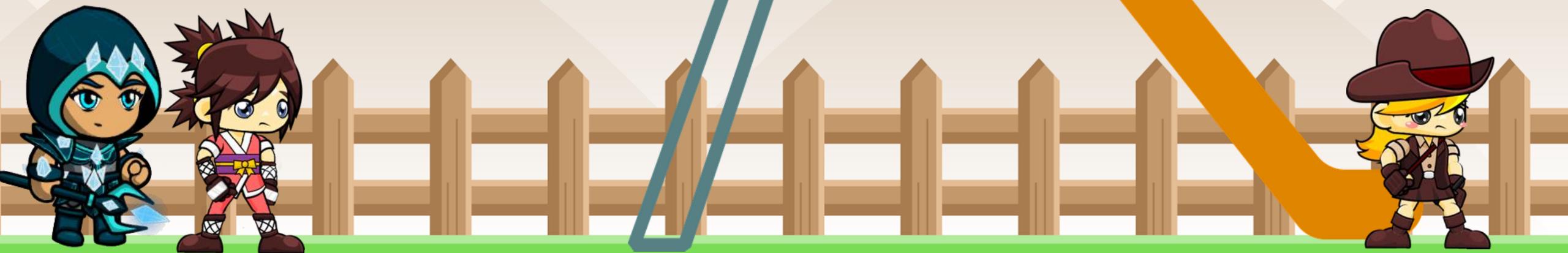


Jeez, I never knew Kate could be so mean...

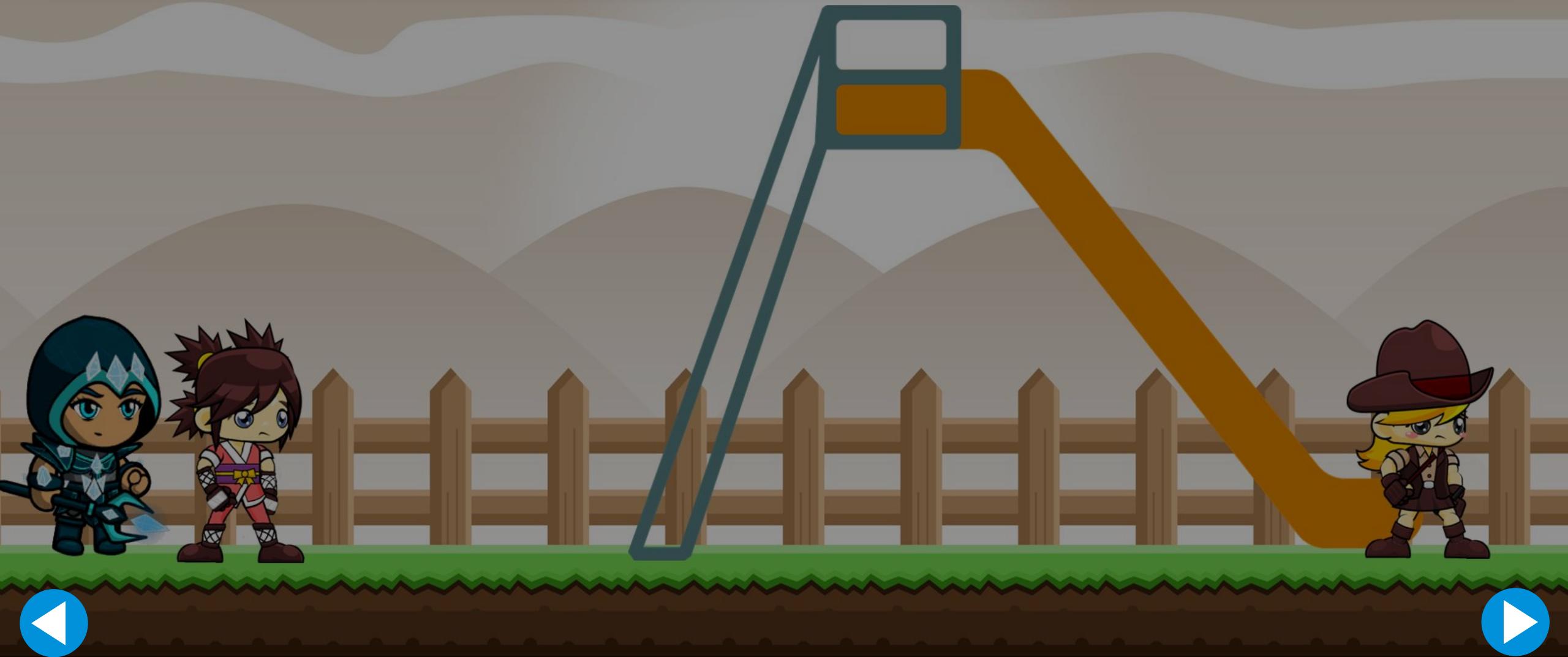




Yeah, maybe we should stay away from her...

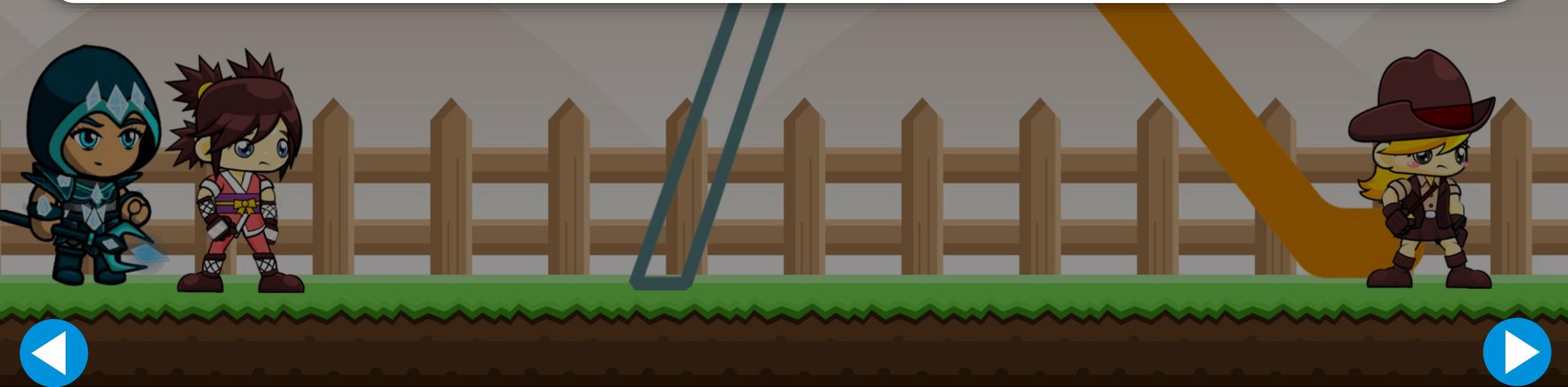


Sometimes when we get mad, we feel like hurting others. Hurting others is never okay.



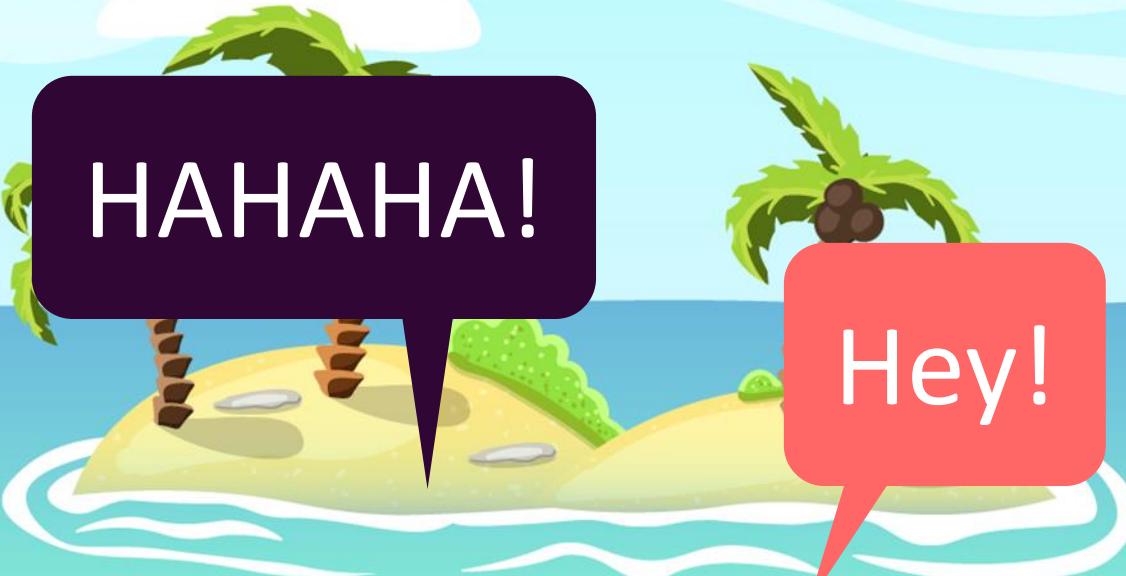
Hurting others will cause these bad things to happen:

- We won't get the thing we wanted that made us mad
- Other kids won't want to play with us
- Adults won't be able to let us go certain places and play with other kids
- We'll get in trouble









HAHAHA!



Hey!



GAH!

The background features a bright blue sky with white clouds. In the distance, a small island with three palm trees is visible. A sailboat with a single mast and a yellow sail is on the water. On the sandy beach in the foreground, there is a large sandcastle with multiple towers and flags. Three characters are standing on the beach: a boy with spiky brown hair and red pants, a purple-clad character with a mask, and a girl with blonde hair and a brown hat. A speech bubble containing the word "GAH!" is positioned above the characters.





HAHAHA!



HAHAHA!



A vibrant tropical island scene. In the foreground, two characters stand on a sandy beach. One character has dark brown hair and wears a red and white striped vest over a purple shirt. The other character has blonde hair under a brown cowboy hat and wears a brown leather vest over a yellow shirt. Between them is a large pile of gold coins. In the middle ground, a small sailboat with a single mast and a white sail is on the ocean. To the left, there's a small, sandy island with three palm trees and some green bushes. The background features a bright blue sky with white clouds.

What a jerk!

I'm going to go punch him!



Wait Kate!





Got sand in my mouth!

Ptha! Ptha!





That wasn't nice, but remember hurting others is never okay and never fixes anything.

What could we do instead that might actually make things better?





Hmm, well we could just ignore him.

But then he might come back and do that again!



A vibrant, cartoon-style illustration of a tropical island. In the foreground, a sandy beach meets the ocean. Two small, green, bushy islands with palm trees are visible in the water. A sailboat with a single mast and a white sail is on the right side of the frame. The sky is light blue with white, fluffy clouds.

Or we could ask him nicely not to do that.

I really don't think he would listen though...





Yeah, no way!



The background features a bright blue sky with white clouds. In the middle ground, there's a small, sandy island with three palm trees and some green bushes. A sailboat is visible on the horizon. The foreground shows a sandy beach with a small pile of gold coins.

Or we could ask the teacher for help...



A vibrant, cartoon-style illustration of a tropical island. In the foreground, a sandy beach meets the ocean. Two small piles of gold coins are scattered on the sand. In the middle ground, a small, green, irregularly shaped island with several palm trees and some low-lying green bushes sits in the water. A sailboat with a single mast and a white sail is visible on the right side of the frame. The background features a bright blue sky with white, fluffy clouds.

Yeah, I think we need the
teacher's help on this one.

Let's go get her!





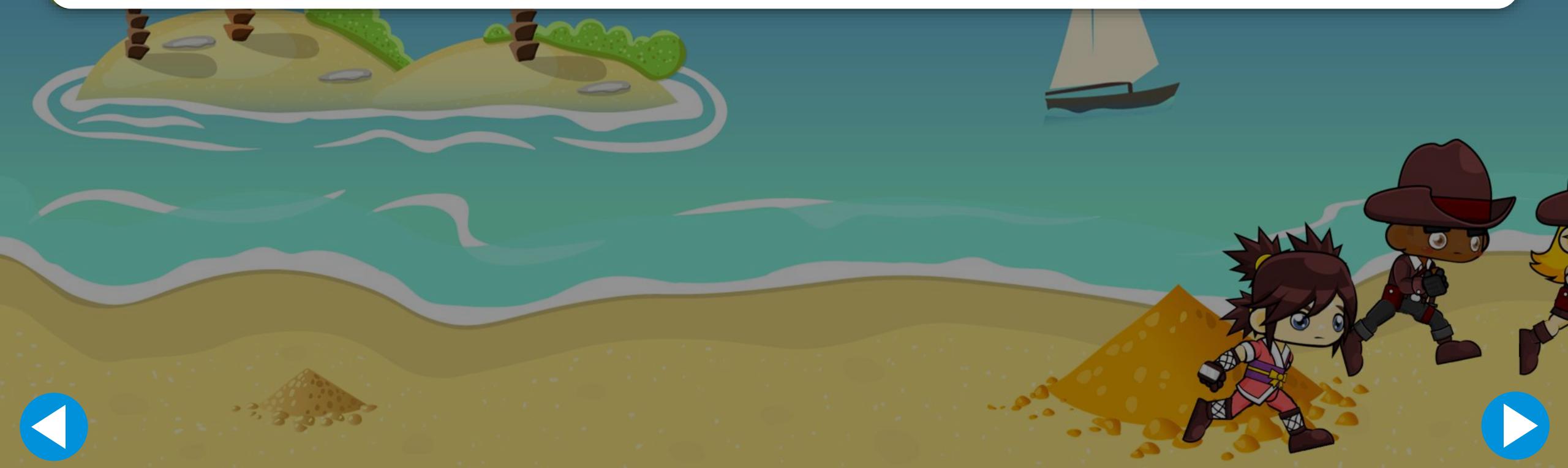
Hurting others never makes things better.

Instead, we should think about the different choices. Then we can pick one that will actually make things better.



Here are some choices we might have when things aren't going our way:

- Find a way to have fun together when we aren't getting along
- Find something else that is fun to do
- Get away from the situation we don't like
- Get an adult's help, especially if someone is being really rough or mean



Let's go to the new playground!





YEAH!!





We'll slide!





And play tag!





And swing!





A dark, fluffy cloud with rain falling is positioned in the upper left corner of the scene. In the center, a brown speech bubble contains the text "And p—". Two characters are standing in front of a large wooden cabin. The character on the left has blonde hair and wears a brown cowboy hat, a brown vest over a white shirt, and brown pants. The character on the right has brown skin and wears a brown cowboy hat, a brown vest over a white shirt, and brown pants. They are both looking towards the right side of the screen. The cabin has a steep, light-colored gabled roof with dark brown trim and a cross-tie beam. The main body of the cabin is made of dark green wood with a small window and a brown door. A wooden fence runs across the background behind the cabin. The ground is a simple brown dirt layer with a green grassy edge at the bottom.

And p—





Huh?





Oh, it's starting to rain...

Well I guess we aren't going to the playground...





Yeah... But oh well!

We can find something fun inside to do!





Yeah!

And then jump in puddles when the rain is over!





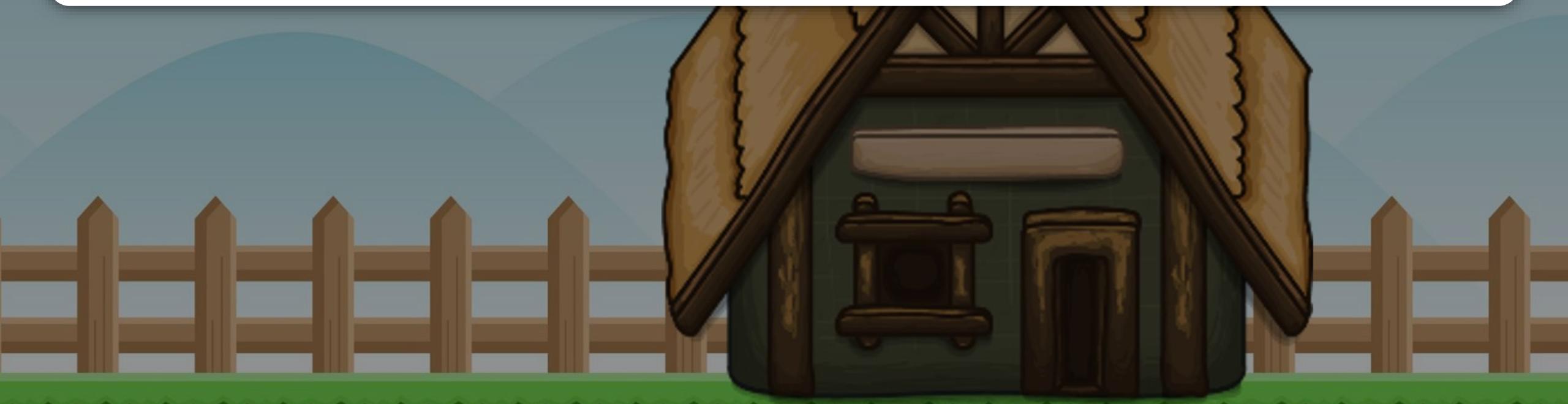


We feel better and have more fun when we aren't mad! Then we can focus on finding fun things to do.



We get mad when things don't go our way. But that happens to everyone!
Things go wrong all the time!

If we remember that things won't go our way sometimes, we won't get so
mad when it happens.



Credits A blue circular button with a white arrow pointing to the right, located in the bottom right corner.

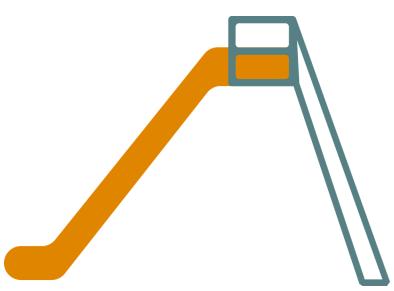
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First scene

- Message
 - It's okay to get mad
 - We all get mad sometimes
 - When we get mad, we should do something to calm down instead of doing angry things
 - Here are good ways to calm down
 - Take 10 deep breaths
 - Go for a walk
 - Draw a picture of why we are mad

Scene

- Friends are having a picnic
- One friend shows up and finds his cookie is missing
- Other friend apologizes and says he ate it
- First friend is really mad
- Other friend encourages first to go on a walk and calm down

Second scene

- Message
 - Sometimes when we get mad, we feel like hurting others
 - Hurting others is never okay
 - Hurting others will cause these bad things to happen
 - We won't get the thing we want that made us get mad
 - Others won't want to be our friend
 - We'll lose privileges, like being able to play with other kids or go certain places
 - We'll get in trouble
- Scene
 - Kid wants to go first at something, but someone else is first

- Decides to hit or push them
- Others tell the teacher who, puts the kid in timeout
- Others talk about not wanting to play with mean kid

Third scene

- Instead of hurting others, we can think about what choices we have
- Things we could do
 - Get help from an adult
 - Find a way to work together
 - Find a way to have fun
- Then we can decide to do something that will make things better
- Scene
 - Kid is building sand castle
 - Mean kid pushes him over on it and leaves
 - Kid gets mad, but friend encourages him to think about their options
 - Kid decides to tell an adult

Fourth scene

- We feel better and have more fun when we aren't mad
- Getting mad happens when something doesn't go our way
- Stuff not going our way is normal, it happens to everyone!
- If I expect things not to go my way sometimes, I won't get as mad and can have more fun
 - Friends are excited to play outside and talk about what they are going to do
 - Then it starts raining, so they have to cancel it
 - Friends say oh well, and jump in puddles