

THINK ABOUT WHY

Was the person in a bad mood?

Was the person bullied?

Was the person jealous?

Was the person trying to be cool?

Was the person trying to be popular?

Was the person trying to get revenge?



STAY COOL

Deep breathing

Counting to 10

Staying Still

Self-monitoring (Red light/Green light)

Thinking about something cold/cool

Mind Travel



Count down

Secret Signal

Use of feeling barometer for self-regulation

Stretching (Tensing and Relaxing)

Perspective Taking

Similes (expressing feelings)

SHIELD MYSELF

I feel good about myself and that makes my shield strong. I can shield myself when I hear put-downs.



CHOOSE A RESPONSE

1. Tell them to stop.

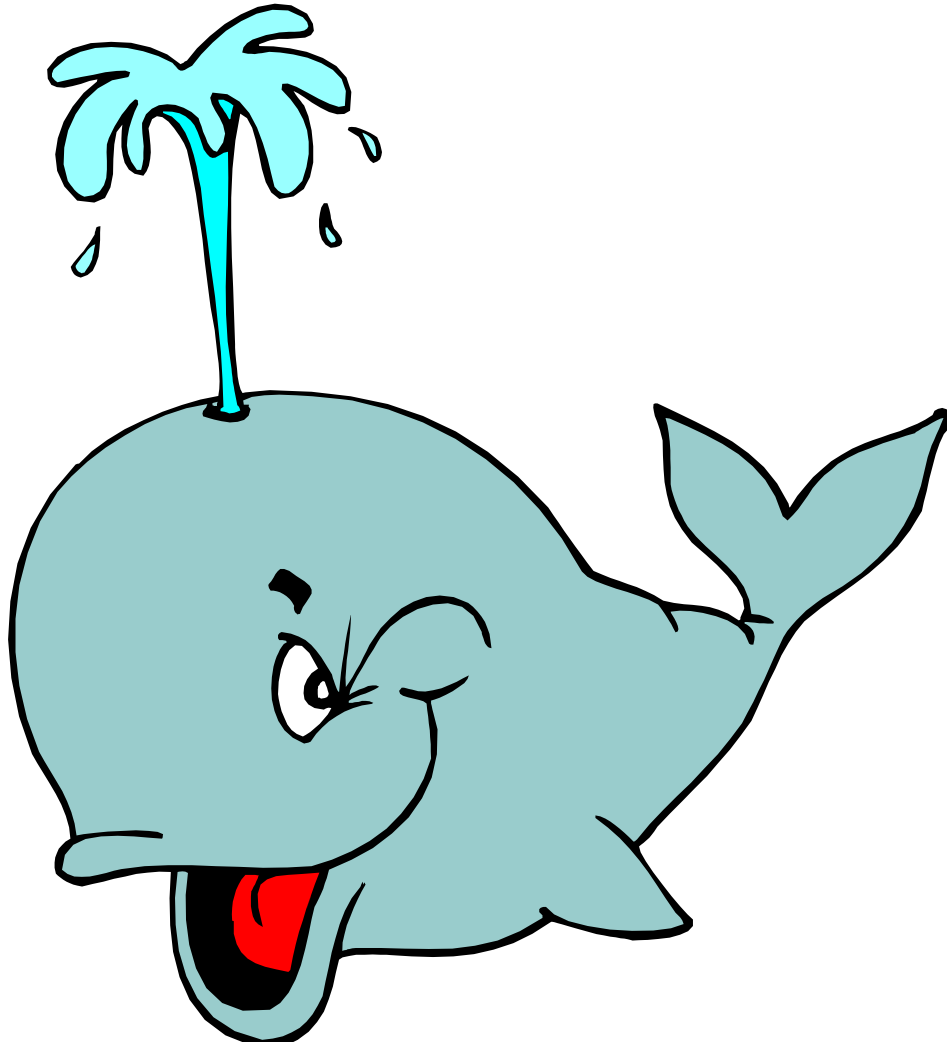


2. Walk away.



3. Talk to an adult.





W Words

H Humor

A Apologize

LE Let it Drop

Play another game	Apologize	Compromise	Make another friend
Stand up for yourself	Talk it out nicely	Talk about your feelings	Tell them to stop
Ask questions	Change the topic	Change the activity	Take turns

BUILD UP

POSITIVE WORDS AND BEHAVIORS THAT MAKE PEOPLE FEEL GOOD

<u>Looks Like</u>	<u>Sounds Like</u>	<u>Feels Like</u>
Smiling	“You are great on the monkey bars.”	High five
Thumbs up	“You are a good friend.”	Hugging
Helping	“Would you like to play with me?”	Holding hands
Sharing	“Should I help you log onto the computer?”	Hand shake