

COPING WITH FEELING ANNOYED OR HURT

Draw a time when it felt like someone was “mean” to you.

Now draw something you did to help make you – or the situation – feel better

Look at the ideas for what to do if we feel upset by something someone does or says.
Put a circle next to the ones you have done before, and a triangle next to the ones you have not tried.

Make our bodies relaxed, by breathing slowly and making our muscles floppy.

Use a friendly and firm voice - and say how we feel and ask kids to do something differently.

Talk about something else or suggest another activity.

Move away from kids who are being mean for a little while - or for a longer time.

Make our own brains busy, by thinking about or doing something else.

Ask for help from an adult

Go back and circle the tip you would like to try to do **MORE** of this week.