

Don't Flip Your Lid!

1. What Happened? My brother tattled on me to my parents



2. Why Did this Push My Button?

I don't like being told on, especially since it wasn't true



3. Now That I Know Why, How Can I Calm Myself?

(circle as many as you want)

take a deep breath, let it out slowly while counting to 10

tense my upper arms/fist, hold for 10 seconds, then slowly let go

--(with permission) to take a walk for 10 minutes

--find an adult to talk to (starting with, "I need...")



NOW THAT I AM CALM...



What are some things I can do to solve my problem?

1. **I punch him**
2. **I could tell him “please don’t tell on me again”**
3. **I could have taken a deep breath and walked away**

(can you think of any others?)

I could talk to my parents about why I was mad

I could talk to my brother about what actually happened, and how him tattling on me made me feel

Which solution is the best one to try first?

I could talk to my brother about what actually happened, and how him tattling on me made me feel

If that doesn’t work, what’s the next one to try?

I could talk to my parents about why I was mad

If you feel like giving up, what are some things that can you do so that you stay focused on your goal?

I could talk to somebody who has a positive outlook and will help me to stay positive and focused.