









How Do I Respond?

Give examples of sad/frustrated responses and calm responses for the following situations. Fill in some additional examples if your situation is not on the chart.

		Sad/Frustrated Response	Calm Response
	I can't figure something out	<i>Example:</i> <i>I cry</i>	<i>Example:</i> <i>I ask for help</i>
	My sibling and I fight		
	I feel left out		
	An adult gets mad at me		
	It's too loud		
	I break something		
	I'm picked on		
	I lose a game		