



**One day, I felt very upset because my tower of blocks kept falling down. I didn't know what to do, so I started banging my head on the floor**



**Banging my head can hurt me. It can make my head sore, and I don't feel better afterward**



**When I bang my head, it also makes my family feel worried because they want me to stay safe**



**Sometimes, I feel like banging my head when I'm upset, frustrated, or don't know how to say what I feel.**



**It's okay to feel upset, but I can find safer ways to let out my big feelings**



**When I feel like banging my head, I can stop and take three deep breaths. Breathing helps me feel calmer**



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**I can also use a soft pillow to press my head against if I feel the need to move my head**



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**Sometimes, squeezing a soft toy or a stress ball can help me feel better instead of banging my head**



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**If I'm really upset, I can use my words to tell someone how I feel, like saying, 'I'm frustrated!'**



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**When I use my words, the people around me can help me feel better**



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**If I feel angry or need to let out energy, I can jump up and down or run in place instead**



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**I can also try drawing a picture or listening to calm music to help myself relax**



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**When I use safe ways to let out my feelings, I feel proud of myself because I'm taking care of my body**



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**I've learned that banging my head isn't safe, but I can use other ways to feel better when I'm upset**



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**Now, when I feel like banging my head, I remember to stop, take a deep breath, and try something safe instead**



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**Taking care of my body and sharing my feelings helps me feel better and keeps me safe**



## Vocabulary

- Upset

A: A feeling of being sad, frustrated, or angry

B: A feeling of being happy and calm

- Safe

A: Doing things that don't hurt me or others

B: Doing things that can cause harm

- Frustrated

A: Feeling annoyed when something doesn't go the way I want

B: Feeling happy and excited

- Relax

A: Making my body feel tense and upset

B: Helping my body and mind feel calm and peaceful

- Proud

A: Feeling bad about something

B: Feeling good about something I did



## Spellings

A: Tower

B: Tover

A: Banging

B: Baning

A: Hart

B: Hurt

A: Frustated

B: Frustrated

A: Pilow

B: Pillow

A: Angry

B: Angrie

A: Breath

B: Breeth

A: Enargy

B: Energy



## Comprehension

- What made the child feel like banging their head in the story?

A: They were frustrated because their block tower kept falling

B: They were excited about playing outside

- What happens when the child bangs their head?

A: It makes them feel happy and calm

B: It hurts and doesn't make them feel better

- What is one safe thing the child can do instead of banging their head?

A: Squeeze a stress ball or press their head on a pillow

B: Stay frustrated and not talk to anyone

- How can taking deep breaths help?

A: It makes the child more upset

B: It helps the child feel calmer and more relaxed

- What does the child learn about head banging?

A: It's not safe, but there are other ways to feel better

B: It's a good way to deal with frustration



## Open-Ended Questions

- What makes you feel frustrated sometimes?

- Who can you talk to when you feel like banging your head?

- What is a safe thing you can do instead of head banging?

- How does it feel when you use your words to tell someone how you feel?



## Creative Activity

- **Draw a Safe Plan**

Ask the child to draw or write three safe things they can do when they feel frustrated, like squeezing a toy, taking deep breaths, or drawing

- **Create a Calm Box**

Help the child make a box filled with calming tools, like a soft toy, a picture book, or a stress ball



## Role-Play Activity

- **Scenario 1**

Pretend the child's toy doesn't work the way they want. Practice saying, "I feel frustrated" and using deep breaths to calm down

- **Scenario 2**

Act out a situation where the child feels upset about a spilled drink. Practice pressing their head on a pillow instead of banging it

- **Scenario 3**

Pretend the child is angry because they lost a game. Practice squeezing a stress ball and talking to a parent about how they feel