



One day, I got very upset when my sibling took the toy I wanted to play with. I felt so mad that I wanted to hit them



Sometimes, when I feel big emotions like anger or frustration, I might feel like kicking or hitting



**But hitting or kicking others  
can hurt them. It might make  
them feel sad, scared, or angry  
too**



**When I hurt someone, it doesn't  
solve the problem or make my  
feelings go away**



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**Instead of kicking or hitting, I can stop and think about safe ways to let out my feelings**



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**First, I can take three deep breaths to help my body feel calmer**



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**If I still feel upset, I can use my words to say how I'm feeling, like 'I'm angry' or 'I need a turn with the toy'**



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**Sometimes, I can walk away and take a break until I feel calmer**



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**If I have a lot of energy, I can do something active but safe, like jumping up and down or running in place**



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**I can also squeeze a soft toy or a stress ball to help my body feel better**



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**If I hurt someone by accident,  
I can say, 'I'm sorry,' and check  
if they're okay**



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**When I use safe actions and  
words, I keep my body and  
others safe**



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**It feels good to know I can  
handle my big feelings without  
hurting anyone**



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**I can also ask an adult for help  
if I feel like I can't stay calm on  
my own**



**Now, when I feel like kicking or hitting, I stop, take a deep breath, and try something safe instead**



**Using my words and safe actions helps me feel proud and keeps everyone around me happy and safe**



## Vocabulary

- Angry

A: A strong feeling of being upset or frustrated

B: A feeling of being happy and calm

- Safe

A: Doing something that can cause harm

B: Doing something that doesn't hurt me or others

- Apologize

A: Saying "I'm sorry" when I do something wrong

B: Ignoring what happened

- Feelings

A: Emotions like happiness, anger, or frustration

B: Things we can hold in our hands

- Calm

A: Feeling loud and jumpy

B: Feeling peaceful and relaxed



## Spellings

A: Sibling

B: Sibbling

A: Emosions

B: Emotions

A: Kiking

B: Kicking

A: Hitting

B: Hiting

A: Feelings

B: Filings

A: Skared

B: Scared

A: Stress

B: Stres

A: Handle

B: Handel



## Comprehension

- Why did the child feel like hitting in the story?  
A: They were upset because their sibling took a toy  
B: They were excited about playing outside

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- Why is kicking or hitting not a good idea?  
A: It makes everyone feel better  
B: It can hurt others and doesn't solve the problem

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- What can the child do instead of hitting or kicking?  
A: Take deep breaths or use words to explain their feelings  
B: Keep feeling upset and hit something

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- What should the child do if they accidentally hurt someone?  
A: Walk away and ignore it  
B: Say "I'm sorry" and check if they're okay

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- What did the child learn about handling big feelings?  
A: It's okay to hurt others when they're upset  
B: They can use safe actions to calm down and stay happy



## Open-Ended Questions

- What makes you feel like hitting or kicking sometimes?

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- Who can you talk to when you feel angry or frustrated?

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- What is a safe thing you can do instead of hitting or kicking?

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- How does it feel when you use your words instead of hurting someone?



## Creative Activity

- **Make a "Calm Card"**

Help the child create a card with safe actions they can take when they feel upset, like deep breathing, using words, or squeezing a toy

- **Draw a Feelings Chart**

Encourage the child to draw or color faces showing different feelings, like happy, angry, or calm



## Role-Play Activity

- **Scenario 1**

Pretend the child is upset because someone took their toy. Practice saying, "I feel upset. Can I have a turn?"

- **Scenario 2**

Act out a situation where the child feels like kicking when they lose a game. Practice jumping in place or taking deep breaths

- **Scenario 3**

Pretend the child accidentally bumps into someone. Practice saying, "I'm sorry. Are you okay?"