



One day, I felt very frustrated because I couldn't tie my shoes. I wanted to throw my shoes across the room



Sometimes, when I feel upset or frustrated, I want to throw things to let out my big feelings



Throwing things might break them or hurt someone nearby. It doesn't make my feelings go away



When I feel like throwing something, I can stop and remember there are safe ways to handle my big feelings



First, I can take a deep breath and count to five slowly. This helps me feel calmer



If I still feel upset, I can squeeze something soft, like a pillow or a stuffed animal



Sometimes, I can let out my energy safely by running in place or jumping up and down



Another way to feel better is to ask for help. I can say, 'I'm feeling frustrated, and I need some help'



If I still have big feelings, I can try drawing a picture or coloring to help myself relax



If I accidentally throw something, I can say, 'I'm sorry,' and help clean it up or fix it



When I use safe ways to let out my feelings, I keep myself and others safe



I feel proud of myself when I take a break and use safe actions instead of throwing things



Sometimes, it's okay to sit in a calm spot for a little while until I feel better



I've learned that throwing things isn't the best way to deal with big feelings, but there are many other ways to feel better



Now, when I feel like throwing something, I stop, take a deep breath, and try something safe instead



Using safe actions to manage my feelings helps me stay calm, keep my things safe, and feel happy and proud



Vocabulary

- Frustrated

A: Feeling upset because something isn't working the way I want

B: Feeling happy and calm

- Safe

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

B: Doing things that can cause harm

- Apologize

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

B: Ignoring what happened

- Relax

A: Helping my body and mind feel calm

B: Making my body feel tense and upset

- Proud

A: Feeling bad about something

B: Feeling good about something I did



Spellings

A: Upset

B: Upsat

A: Break

B: Breake

A: Calmar

B: Calmer

A: Squeeze

B: Skewz

A: Feelings

B: Filings

A: Aktions

B: Actions

A: Manage

B: Manaje

A: Enargy

B: Energy



Comprehension

- What made the child want to throw something in the story?
A: They were frustrated because they couldn't tie their shoes
B: They were excited about playing outside

- Why is throwing things not a good idea?
A: It makes everyone feel better
B: It can break things or hurt someone

- What can the child do instead of throwing things?
A: Take deep breaths or squeeze a soft toy
B: Keep feeling upset and throw something

- What should the child do if they accidentally throw something?
A: Say "I'm sorry" and help clean it up
B: Ignore it and walk away

- What did the child learn about managing big feelings?
A: They can use safe actions to feel better and stay calm
B: It's okay to throw things when they're upset



Open-Ended Questions

- What makes you feel like throwing something?

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

- What is one safe thing you can do instead of throwing something?

- How does it feel when you make a good choice instead of throwing things?



Creative Activity

- **Draw a Calm Plan**

Help the child draw three safe actions they can take when they feel frustrated, like squeezing a toy, jumping, or asking for help

- **Create a Calm Spot**

Encourage the child to pick a cozy spot at home where they can sit and relax when they need a break



Role-Play Activity

- **Scenario 1**

Pretend the child is frustrated because their crayons keep rolling off the table. Practice taking deep breaths and asking for help

- **Scenario 2**

Act out a situation where the child feels like throwing a book because they can't read a word. Practice squeezing a toy or pressing their head on a pillow

- **Scenario 3**

Pretend the child accidentally throws a toy in frustration. Practice saying, "I'm sorry" and helping to pick it up