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## "Stop, Think, and Choose" Poster

This colorful poster instantly telegraphs to students three vital steps in the decision-making process. Placed in the classroom, it helps children internalize the message: *Stop, think, and choose carefully before you act.* Laminated, 18" x 24".



# 2

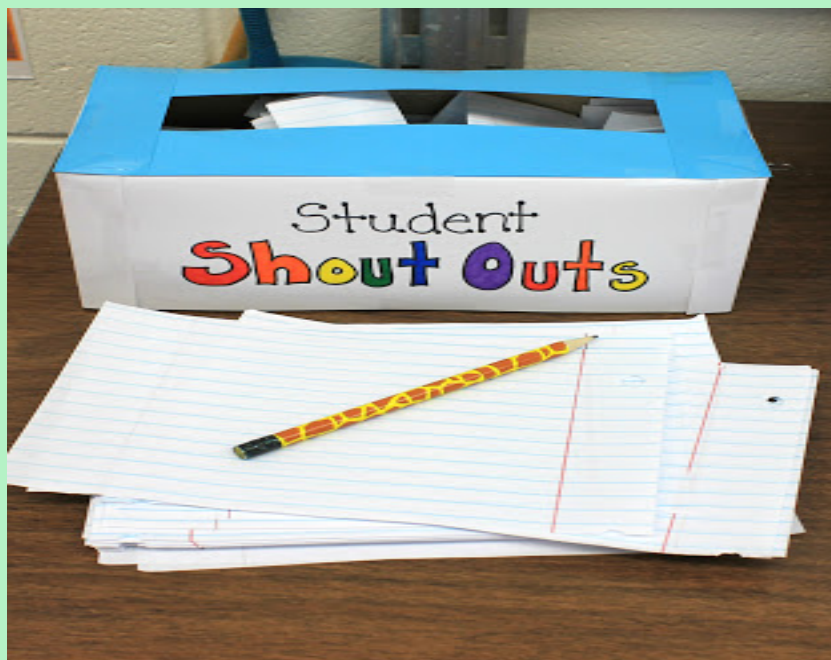
## Paper Plate Emotion Masks



1. Gather your materials. You will need 1/2 a paper plate per mask. You will also need popsicle sticks ( or tongue depressors), crayons or markers , scissors and tape. Start by cutting the plates in half.
2. Write the emotion on the back, if your child is beginning to read have them help you read it, if not make your face look like the emotion and ask your child if they can guess. Talk about each emotion, but don't lecture.
3. Tape the sticks on.
4. Play with the emotions. We had fun making our eyes one emotion and our masks another.

## Student Shout Outs

Many schools and universities are creating shout out pages on their websites or via Facebook. These shout out pages allow students to share positive statements or compliments about their classmates in an anonymous way. Thus, they are a vehicle for acts of kindness to occur. Today, for my act of kindness, I introduced my third graders to our new Student Shout Out bulletin board at school. I told them that their shout outs would be kind statements about their classmates that would be made anonymously. That means that they wouldn't be sharing an act of kindness to get a reward or to earn a "buck" (part of our school-wide positive behavior program) or to get any other kind of recognition. They would share their act of kindness just for the fabulous feeling that one gets from making another person happy.



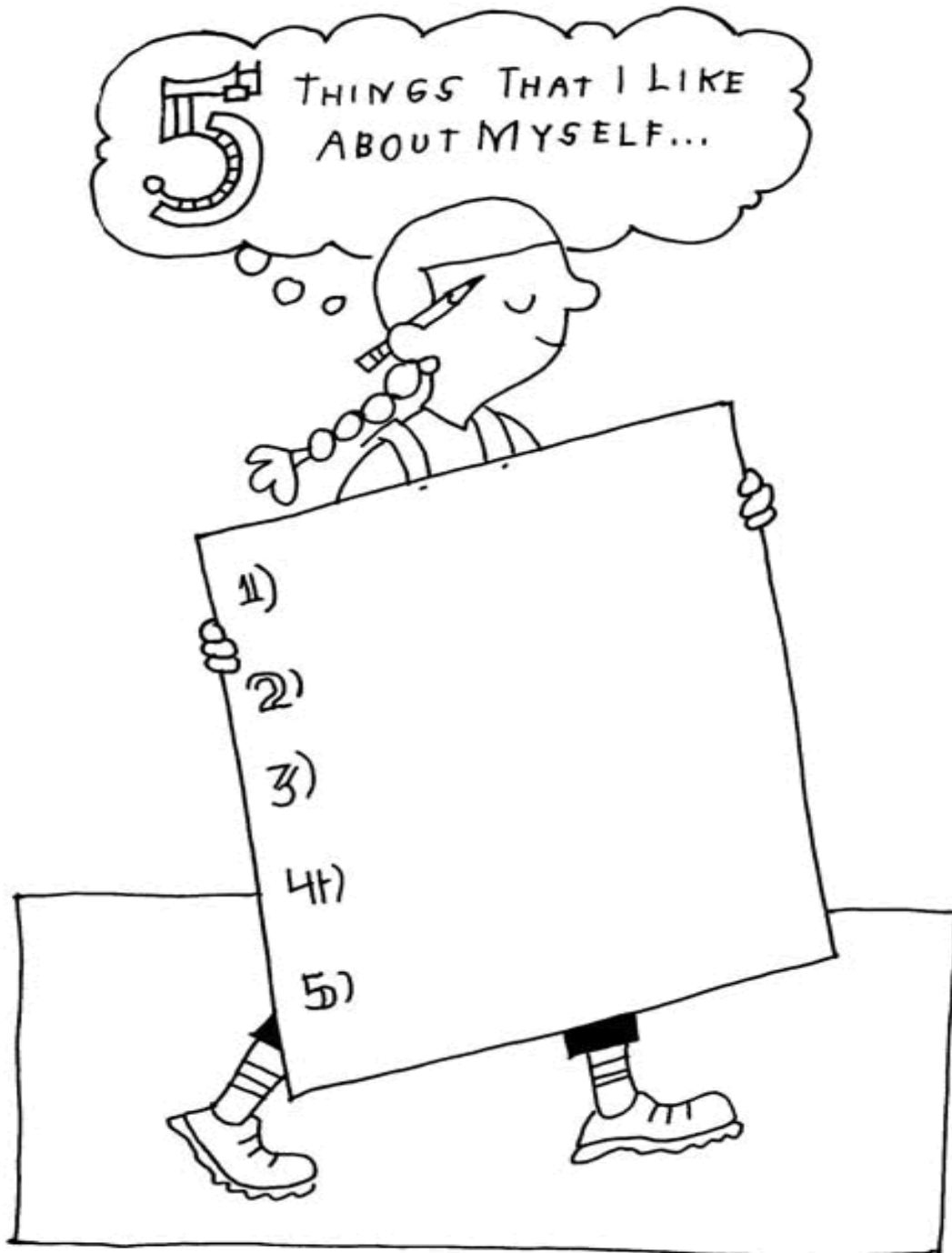
The Student Shout Out box was set up to house their positive statements and ensure secrecy before I post them on the board. During our first free time of the day, I was so pleased to see the students excitedly stuffing their kind words about one another into the box. Tomorrow when the students come into school they will be able to see all of the kindness that they have to share with each other stapled on the bulletin board. I can't wait to see their faces!

***"Thanks for being a great friend!"***

***"You are an awesome student and a great role model."***

***"You are doing a great job paying attention during class. Keep up the hard work!"***

## Five Things I Like About Myself Worksheet.

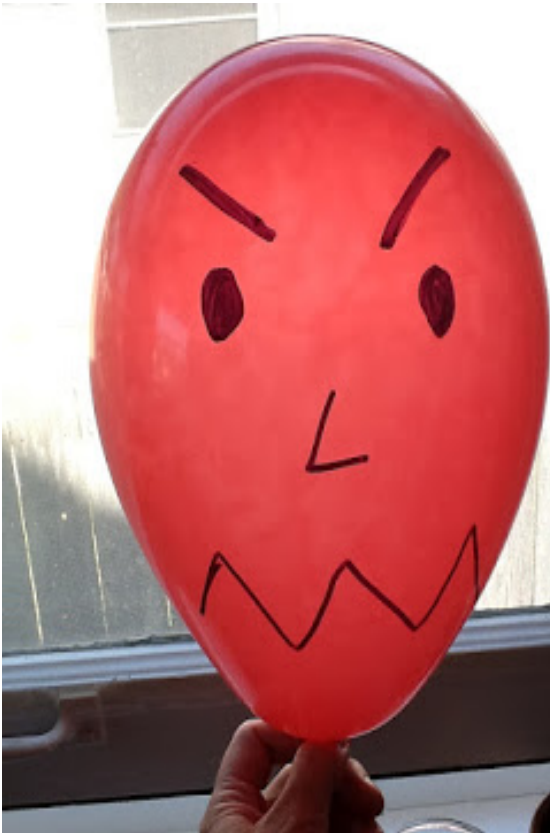


From Bill Zimmerman's new book in progress: *Your Life in Comics for Girls*.

# 5

## Letting it out S-L-O-W-L-Y

An awesome visual to help kids learn to let their anger (or can work for anxiety, stress, whatever they are struggling with) out slowly.



1. Blow up a balloon
2. While holding the balloon, talk to your client about the balloon representing their anger (or anxiety, etc.) and brainstorm with them what they think happens when those feelings build up.
3. Now the fun part! Either pop the balloon, or let go of the balloon. Talk about behaviors associated when you let anger build up- tantrums, screaming, calling names, etc.
4. Blow up a balloon
5. While holding the balloon, talk to your client about letting the anger in the balloon out slowly. Review [coping skills](#) and anger management techniques while letting the air out of the balloon slowly. Help them understand the difference this made to the way the balloon did not pop or deflate and fly around, comparing this to how their behaviors would change.

## Bulletin Board Idea

Anger Rules

**It is o.k. to be angry but...**



\*Don't hurt others



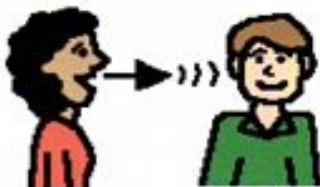
\*Don't hurt yourself



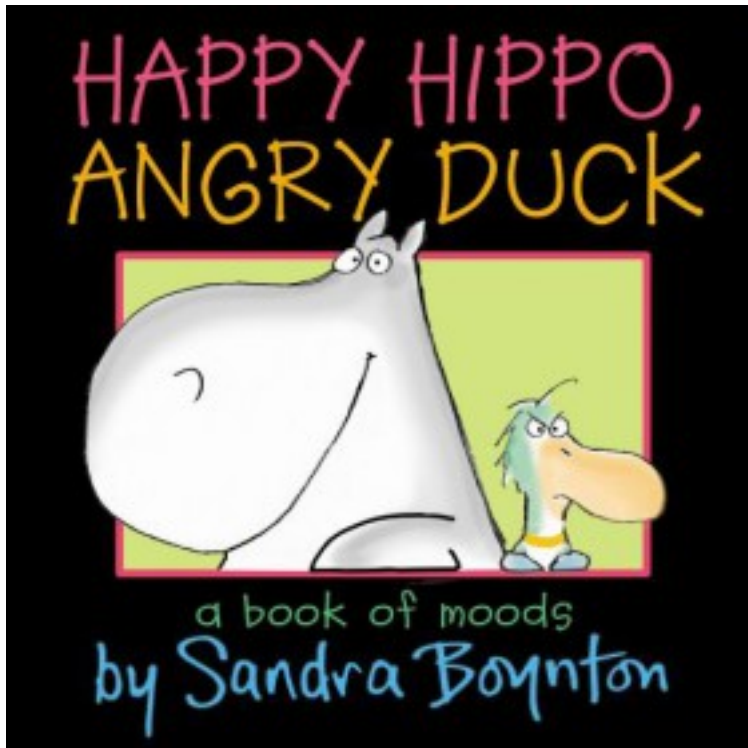
\*Don't hurt property



**Talk about how you feel...**

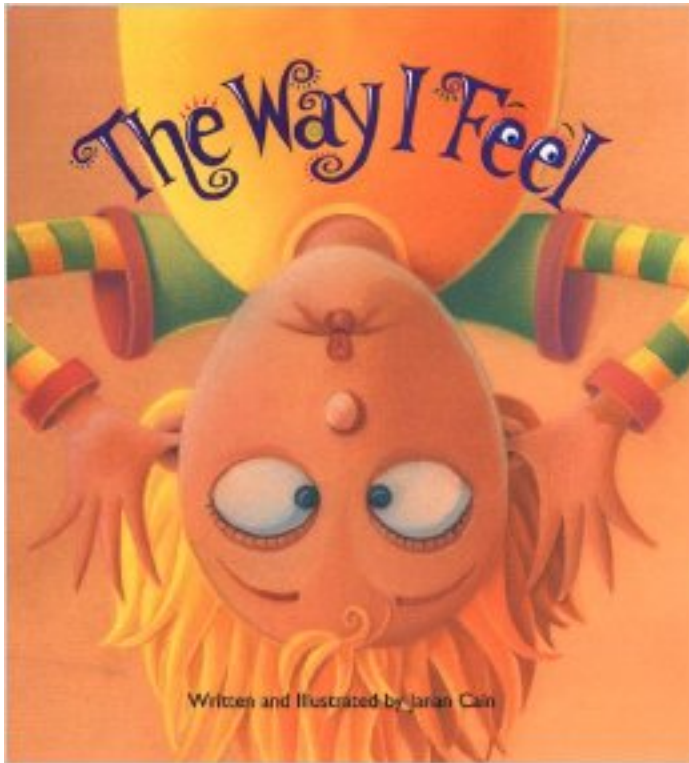


# 7



Happy Hippo, Angry Duck: A Book of Moods by Sandra Boynton is a cute and funny board book about emotions. With funny illustrations and her fantastic rhymes Sandra Boynton covers many emotions and makes clear that emotions change and every day is different.





The Way I Feel by Janan Cain is a useful book. It labels feelings with a short rhyming piece of text and fanciful illustrations. While I wouldn't suggest this as a book for a nightly read it is useful while specifically learning and talking about emotions. I like to have children show me their faces in the same feelings as the book progresses. If you are reading this with a small group or your child stop and talk about times when you felt these emotions.



# The Grouchy Ladybug

Eric Carle



The Grouchy Ladybug by Eric Carle is more than a cute book about a crabby bug. The Lady bug is looking for a fight and each hour she finds a bigger and bigger animal to fight with until she is unintentionally slapped by a big whale's tail! I loved using this book to teach telling time, as there is a picture of an analog clock on each page. I would use a play clock and as I read each page ask one child to come and set our classroom clock. Also don't be put off by the fact that the lady bug tries to pick fights, no animal takes her up on her offer and you can spin that into a great lesson about not giving into people who are trying to pick fights.