

What Do You Know About ... Being in Charge of You?

Change Negative Thoughts

Negative thought: "I ALWAYS GET PICKED LAST IN RECESS BECAUSE EVERYONE THINKS I'M BAD AT KICKBALL."

Make it Positive!

Impact Inspector

Situation: JAKE ALWAYS HAS TUNA FOR LUNCH. I TELL JAKE THAT HE CAN'T SIT WITH ME AT LUNCH. HANNAH TELLS ME THAT I'M BEING MEAN.

What does Jake think?

What does Hannah think?

Fantastic Fix-It

Situation: You lost your friend's game. You lie to your friend and they find out you really lost it.

Now what? What's the best way to fix this?

Chief Emotions Officer

Situation: MATT MISSED THE WINNING GOAL IN SOCCER AND WE AREN'T GOING TO THE PLAYOFFS.

How do you feel?

ANGRY EMBARRASSED EXCITED

FRUSTRATED MAD PROUD

HAPPY SURPRISED UPSET

How does Matt feel?

ANGRY EMBARRASSED EXCITED

FRUSTRATED MAD PROUD

HAPPY SURPRISED UPSET

Coping Captain

Situation: JEREMY CALLS YOU A NAME AT RECESS. YOU GET REALLY ANGRY.

What's a strategy to calm down?
