

**You Decide Workbooks™**

**You Decide About**

# **Handling Your Anger**



**By Karen Schader**

## Table of Contents

To the Adults Reading This Book .....	v
1. You Can Learn to Talk About Your Feelings .....	7
2. You Can Learn to Recognize What Makes You Angry .....	12
3. You Can Learn to Let Out Anger Safely .....	17
4. You Can Learn to Anticipate Consequences .....	22
5. You Can Learn to Calm Yourself .....	27
6. You Can Learn to Follow Rules .....	32
7. You Can Learn to Solve Problems .....	37
8. You Can Learn to Have a Positive Attitude .....	42
9. You Can Learn to See Other People's Points of View .....	47
10. You Can Learn to Use I-Messages .....	52
11. You Can Learn to Compromise .....	57
12. You Can Learn to Apologize .....	62

## **You Can Learn To Talk About Your Feelings**

When you feel angry, expressing your feelings can help you feel better. Keeping angry feelings inside does not make them go away. It does not make you feel better, and it will probably make you feel worse. Think of a balloon that is filled with as much air as it can hold. If you try to put more air into it, what will happen? It will burst, won't it?

Feelings are like that. Holding them in can make you feel like you are going to explode.

## **You Can Learn to Talk About Your Feelings**

### **How to Talk About Your Feelings**

Some ways of talking about your feelings make things better, and some make things worse. Draw a smiling face next to each helpful way to talk about your feelings. Draw a frowning face next to each way that is not helpful.

Focus on what's happening now.

Don't call names.

Clench your fist so the other person will know you are angry.

Explain how what the person did makes you feel.

Bring up old arguments.

Give the other person a chance to talk.

Put on an angry face.

Blame the other person.

Speak slowly and calmly.

Tell what you would like to see happen.

Raise your voice.

Keep your body relaxed while you speak.

## **You Can Learn to Talk About Your Feelings**

### **Talking About Your Feelings: A Fill-in-the-Blank Story**

When Talia's grandpa had to go to the hospital, she was \_\_\_\_\_.

She thought \_\_\_\_\_.

She wanted to visit him but her mom said no, and Talia felt \_\_\_\_\_.

The whole time her grandpa was in the hospital, it was hard for Talia to \_\_\_\_\_.

Her mom could see that Talia was upset, and she asked Talia about her feelings. At first, Talia didn't want to say what was bothering her.

Her mom said, "If you talk about your feelings, you'll feel \_\_\_\_\_."

So Talia did. After that, she felt \_\_\_\_\_.

When her grandpa came home, Talia told him how she had felt. He said: \_\_\_\_\_

\_\_\_\_\_.

They hugged and said how much they loved each other!

## **You Can Learn to Talk About Your Feelings**

### **Talking to Yourself About Expressing Your Feelings**

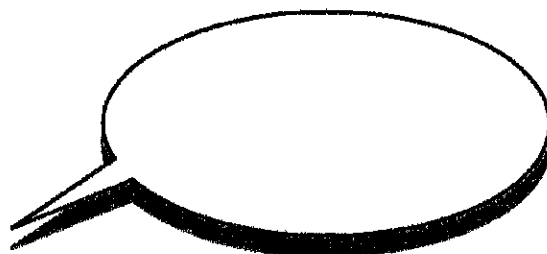
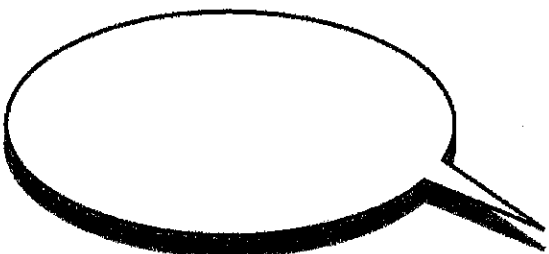
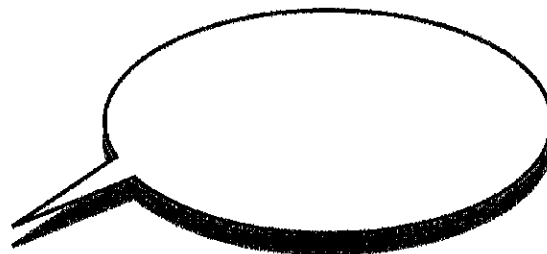
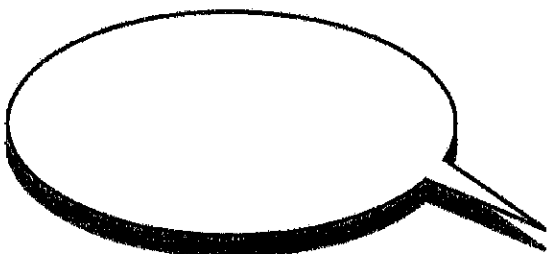
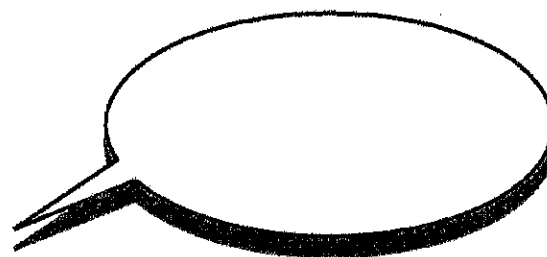
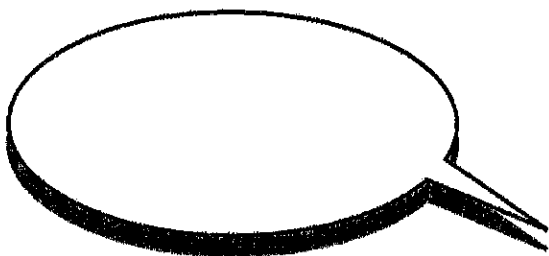
People who keep their feelings inside sometimes get headaches or stomachaches, or feel bad in other ways. They can help themselves remember to express their feelings by saying things like these:

“People who care about me want to know when something bothers me.”

“Talking about it will help me feel better.”

“If I tell someone how I feel, that person may be able to help me.”

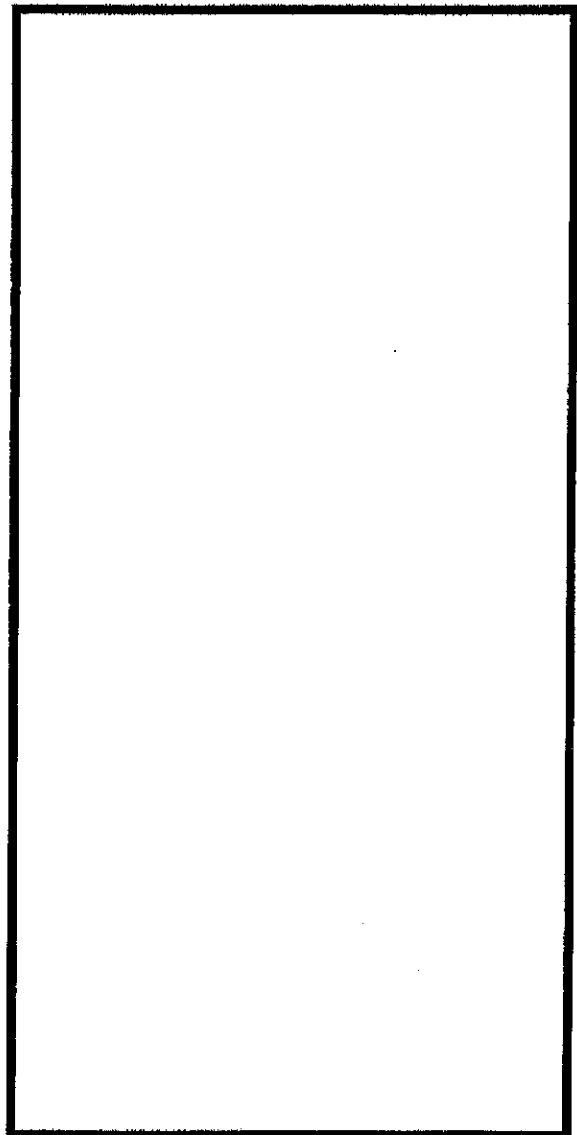
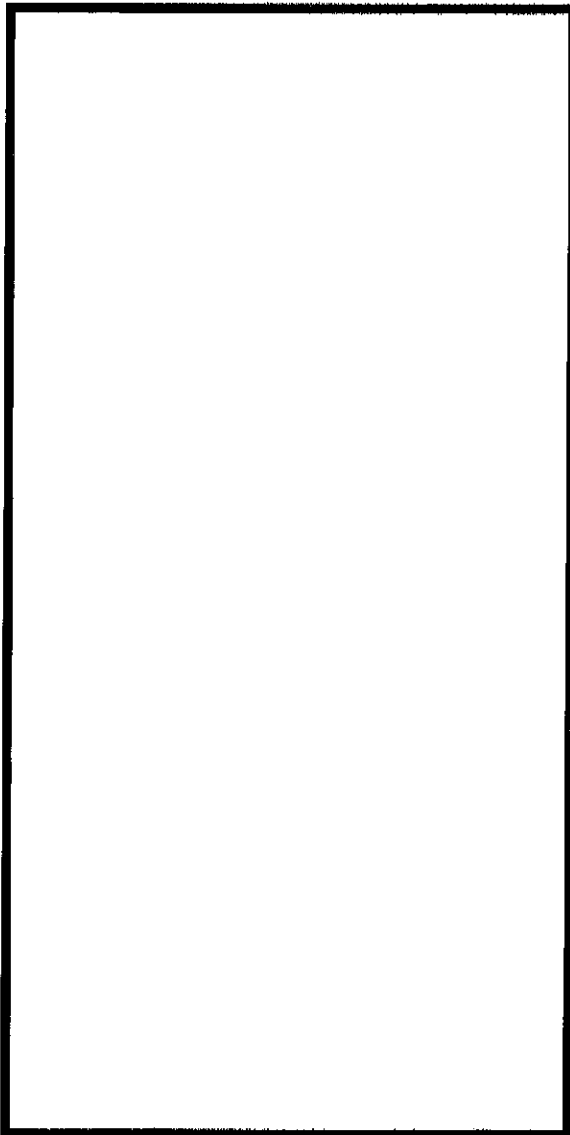
In the spaces below, write other things you could say to yourself to remind you that it's important to talk about your feelings.



## **You Can Learn to Talk About Your Feelings**

### **Imagine How You Will Feel If You Talk About Your Feelings**

Holding your feelings in can be like carrying a heavy load. Letting them go by talking about them can help you feel much lighter. In the box on the left, draw a picture of yourself holding your feelings in. In the box on the right, draw a picture that shows what you look like after you have let out your feelings.



# 2

## **You Can Learn to Recognize What Makes You Angry**

People get angry for different reasons. What makes your best friend angry may not bother you at all. Your brother or sister may be able to laugh about something that makes you really angry. Even if you both get angry about the same thing, it may make one of you very angry and the other just a little angry. Knowing what makes you angry can help you be ready to deal with that anger. For example, let's say you get annoyed every time you visit your cousins because your younger cousin always wants to play with you while you want to spend time with your older cousin. The next time your family is going to visit, you could plan in advance to spend some time alone with your younger cousin.



## **You Can Learn to Recognize What Makes You Angry**

### **How to Recognize What Makes You Angry**

Write down as many things as you can think of that make you feel angry. Then, rate each from 1 (this makes me just a little angry) to 10 (this makes me really furious). Next, tell how you usually react to each thing. If you most often control your anger when this thing happens, put a star next to your reaction. If you think you could control your anger better, use the last column to tell what you could do instead.

Here's an example:

<b>I Get Angry When...</b>	<b>My Anger Rating</b>	<b>How I Usually React</b>	<b>How I Could React Instead</b>
My sister comes into my room without knocking on the door.	10	I push her out and slam the door behind her.	I could put a note on my door reminding her to knock.

## **You Can Learn to Recognize What Makes You Angry**

### **Recognizing What Makes You Angry: A Fill-in-the-Blank Story**

Leah often got angry when she had trouble with her schoolwork. She hadn't even realized that until her teacher pointed it out. She said, "Leah, on Monday you got angry because \_\_\_\_\_."

"On Wednesday, you got angry because \_\_\_\_\_."

"On Friday, you got angry because \_\_\_\_\_."

Leah realized that \_\_\_\_\_  
was something that always made her angry.

She and her teacher talked about what Leah could do. They agreed that Leah would \_\_\_\_\_  
\_\_\_\_\_.

The next time Leah found herself getting angry, she reminded herself that \_\_\_\_\_  
\_\_\_\_\_.

Then she \_\_\_\_\_.

And the next time she had trouble answering all the questions on a math test, here's what happened: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

## **You Can Learn to Recognize What Makes You Angry**

### **Talking to Yourself About What Makes You Angry**

If you recognize what things make you angry, you can be ready to deal with those things before they happen. You can say to yourself:

“I can think about what I’ll do if this happens again.”

“Realizing that this always makes me angry will help me be ready to control my anger the next time it happens.”

“I control my anger. It doesn’t control me.”

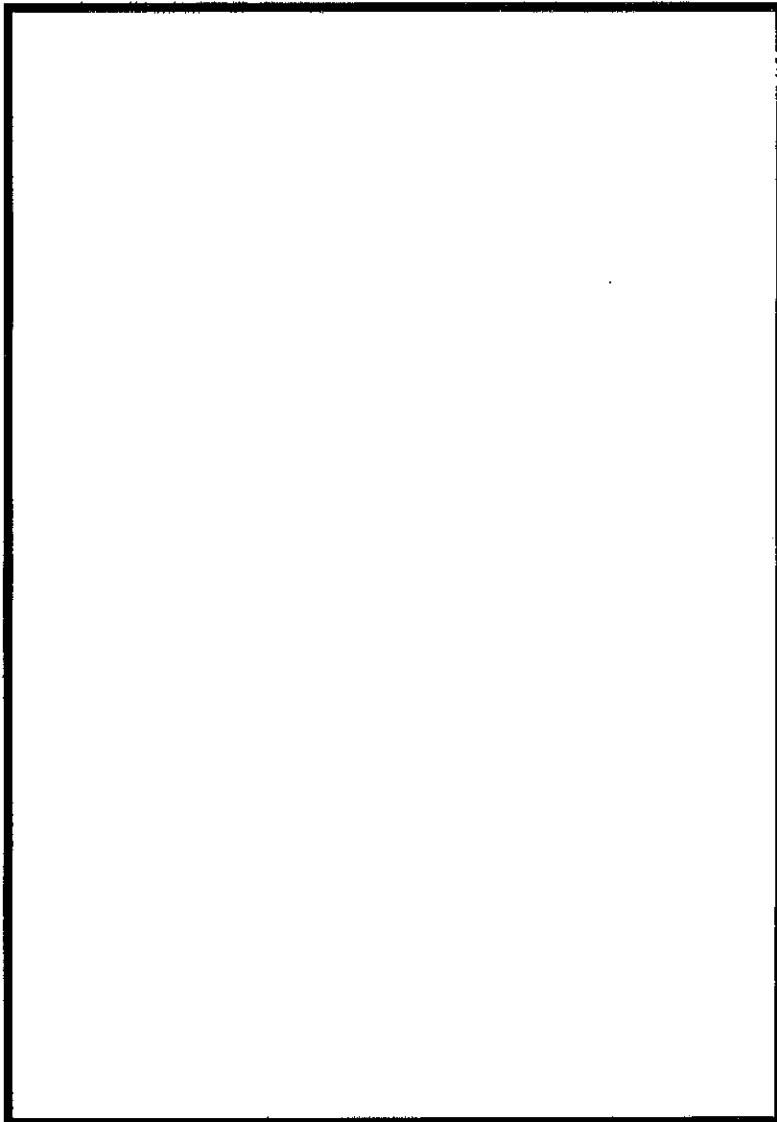
In the spaces below, write other things you could say to yourself to help prevent you from getting angry.

The form consists of six empty speech bubble shapes arranged in two columns and three rows. Each bubble is oval-shaped with a small tail pointing downwards and to the right. The bubbles are intended for the user to write self-talk phrases that help prevent anger.

# **You Can Learn to Recognize What Makes You Angry**

## **Imagine Yourself Saying Goodbye to Something That Makes You Angry**

Which of the things that make you angry can you say goodbye to? In the space below, draw a picture of yourself waving goodbye. On the lines next to your picture, write what you are saying goodbye to. Can you say goodbye to more than one thing?



---

---

---

---

---

---

---

---

---

---

## **You Can Learn to Anticipate Consequences**

### **Talking to Yourself About Consequences**

Reminding yourself that there are consequences to everything you do can help you act in ways that result in good consequences. Here are some things you could say to help you remember:

“I’ll think before I act.”

“I can guess what will happen if I act that way.”

“I can help make good consequences happen.”

In the spaces below, write other things you could say to yourself to remind yourself about good and bad consequences.

The form consists of six empty speech bubble shapes arranged in two columns and three rows. Each bubble is an oval with a pointed tail at the bottom right, designed for writing a self-reminder phrase.

## **You Can Learn to Anticipate Consequences**

### **Thinking About What Might Happen: A Fill-in-the-Blank Story**

Lauren woke up feeling grouchy one morning. When her dad came into her room, she put on an angry face and said: \_\_\_\_\_

That made her dad feel \_\_\_\_\_ and he \_\_\_\_\_

Lauren felt \_\_\_\_\_ about what had happened.

The next time she woke up feeling grouchy, she started to frown and then thought \_\_\_\_\_ to \_\_\_\_\_ herself:

When she saw her dad this time, she \_\_\_\_\_

Her dad was pleased and he said: \_\_\_\_\_

Lauren was glad she had thought about what might happen before she acted angry this time. She decided that any time she felt angry she would \_\_\_\_\_

# 5

## **You Can Learn to Calm Yourself**

When you have angry thoughts, your body may feel angry too. Some children say their muscles feel very tight. Some get headaches or stomachaches. Some find their heartbeats speed up. Learning to relax your body can help you calm yourself, and it may even make your anger go away. But even if you still feel angry, it will be easier for you to express your anger safely when you are calm.

## **You Can Learn to Calm Yourself**

### **How to Calm Yourself**

When you feel angry, you can try any of these tricks to help you relax and feel calm.

- Count to ten very, very, very slowly.
- Take deep breaths in through your nose and let them out through your mouth.
- Listen to quiet music.
- Relax each group of muscles in your body, one by one. Start with the muscles in your neck and shoulders, and work your way down to your toes.
- Picture yourself in a calm, peaceful place.

Which of these ways works best for you?



# You Can Learn to Calm Yourself

## Calming Yourself: A Fill-in-the-Blank Story

Alicia was angry because \_\_\_\_\_.

She was so angry that her hands felt \_\_\_\_\_.

Her head \_\_\_\_\_ and her stomach \_\_\_\_\_.

Her friend Megan could see how upset Alicia was. She said, "Alicia, when I feel angry, I calm myself by \_\_\_\_\_."

Alicia tried doing that, but she still felt very upset. So Megan suggested that she \_\_\_\_\_.

That worked!

That night in bed, Alicia started to think about what had made her so angry. She started to get angry all over again, and she just couldn't fall asleep. She decided to \_\_\_\_\_.

After a while, she felt much calmer and she was able to get to sleep.

When she saw Megan at their Girl Scout meeting the next afternoon, she told her: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## You Can Learn to Calm Yourself

### Talking to Yourself About Relaxing

Reminding yourself to relax is a good way to calm yourself and get control of your anger. Here are some things you can say:

“If I relax, I won’t feel as angry.”

“When I have calmed down, what’s bothering me won’t seem as serious.”

“I can try some of the ways I know to help me relax.”

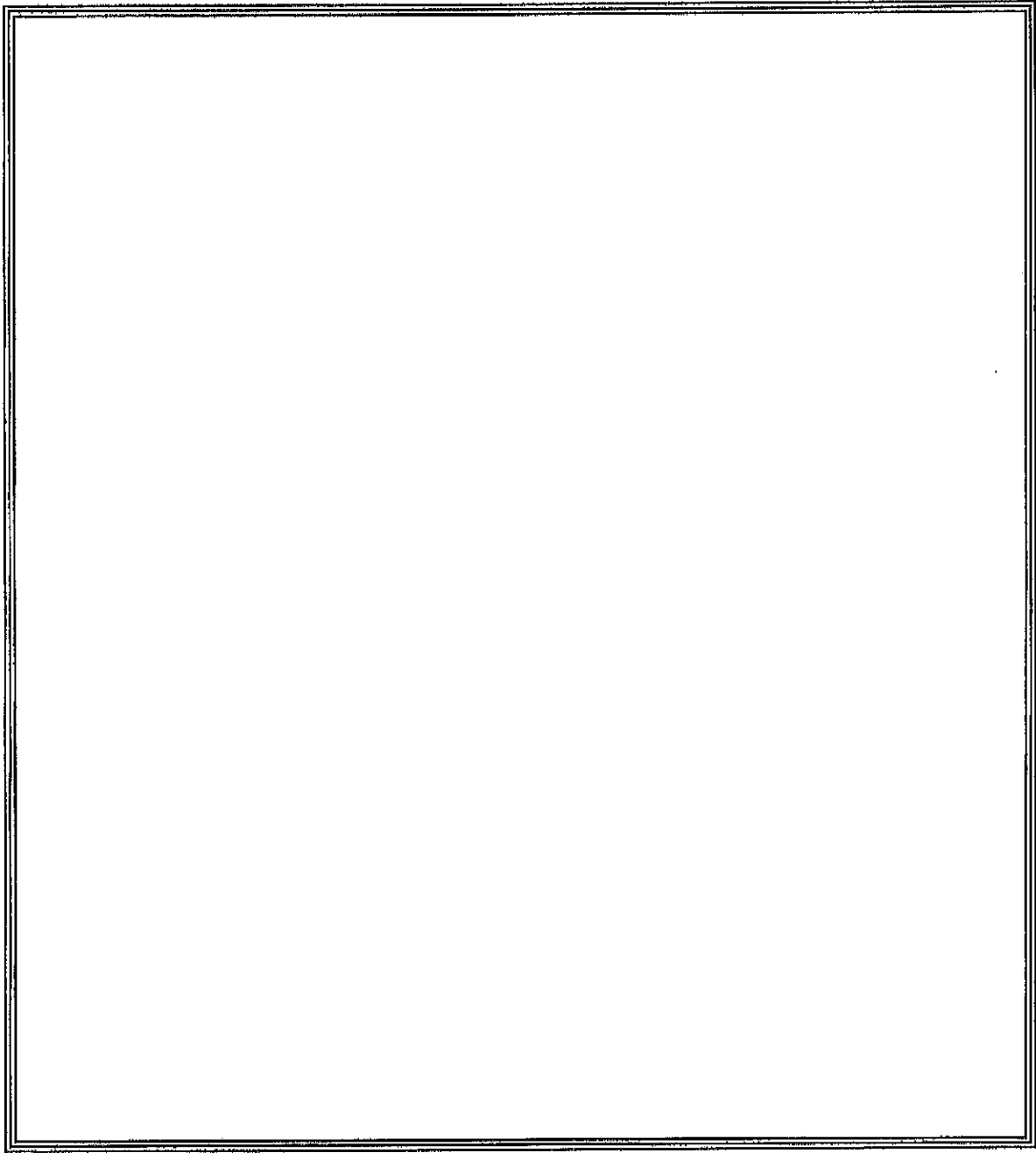
In the spaces below, write other things you could say to yourself to help you relax.

The form consists of six empty speech bubble shapes arranged in two columns and three rows. Each bubble is an oval with a pointed tail at the bottom right, designed for writing text.

**You Can Learn to Calm Yourself**

**Imagine Yourself Calm**

In the space below, draw a picture of yourself in a place where you feel calm.



# 6

## **You Can Learn to Follow Rules**

When people follow rules, they can get along better because each understands what the other will do. Having to follow rules may make you feel angry sometimes, but think about what might happen if there were no rules. How would baseball players know which way to run? How would drivers know which side of the road to drive on? How would you know how to play your favorite game?

Rules help to keep people safe, and they make it easier for everyone to do what has to be done without getting confused.

# You Can Learn to Follow Rules

## How to Follow Rules

You probably have rules to follow at home and rules to follow at school. Understanding why these rules are important and what might happen if you ignore them will make it easier for you to follow them without getting angry.

Fill in the chart below by telling why each rule is important. Use the blank lines on the left to add other rules you are expected to follow.

It is important for me to:	If I don't, here's what might happen:
brush my teeth	
keep my room clean	
go to bed on time	
wear my seat belt when I ride in a car	
do my homework	
raise my hand when I want to speak in class	
stay in my seat on the school bus	
listen to my teacher's instructions	

The next time you feel angry about having to follow a rule, think about why it is important.

## You Can Learn to Follow Rules

### Following Rules: A Fill-in-the-Blank Story

Max was tired of following rules. Every day before he left for school, his mom reminded him to \_\_\_\_\_.

When he got on the school bus, the driver told him \_\_\_\_\_.

At school, his teacher said he had to \_\_\_\_\_.

“Too many rules!” Max thought angrily. “Why do I have to follow them all?”

One morning, he told his mom he was going on strike. No more rules! His mom said, “I know that following rules makes you feel \_\_\_\_\_ sometimes, but you do have to follow them. There’s a reason for every rule, and rules help us \_\_\_\_\_.

Let’s think about what you can do to help you follow rules calmly.”

Max thought for a while, then said, “I can \_\_\_\_\_.”

The next time Max felt angry about \_\_\_\_\_, he thought about what would happen if he ignored the rule. To help him stay calm, he \_\_\_\_\_.

And here’s what happened: \_\_\_\_\_

---

---

---

---

---

---

---

---

## You can Learn to Follow Rules

### Talking to Yourself About Following Rules

Here are some things children can say to themselves when they feel like other people are always making them follow rules:

“If I follow this rule, things will go smoother.”

“I can do what I have to without getting angry.”

“There are times I can choose to do what I want to, and there are times I have to follow rules.”

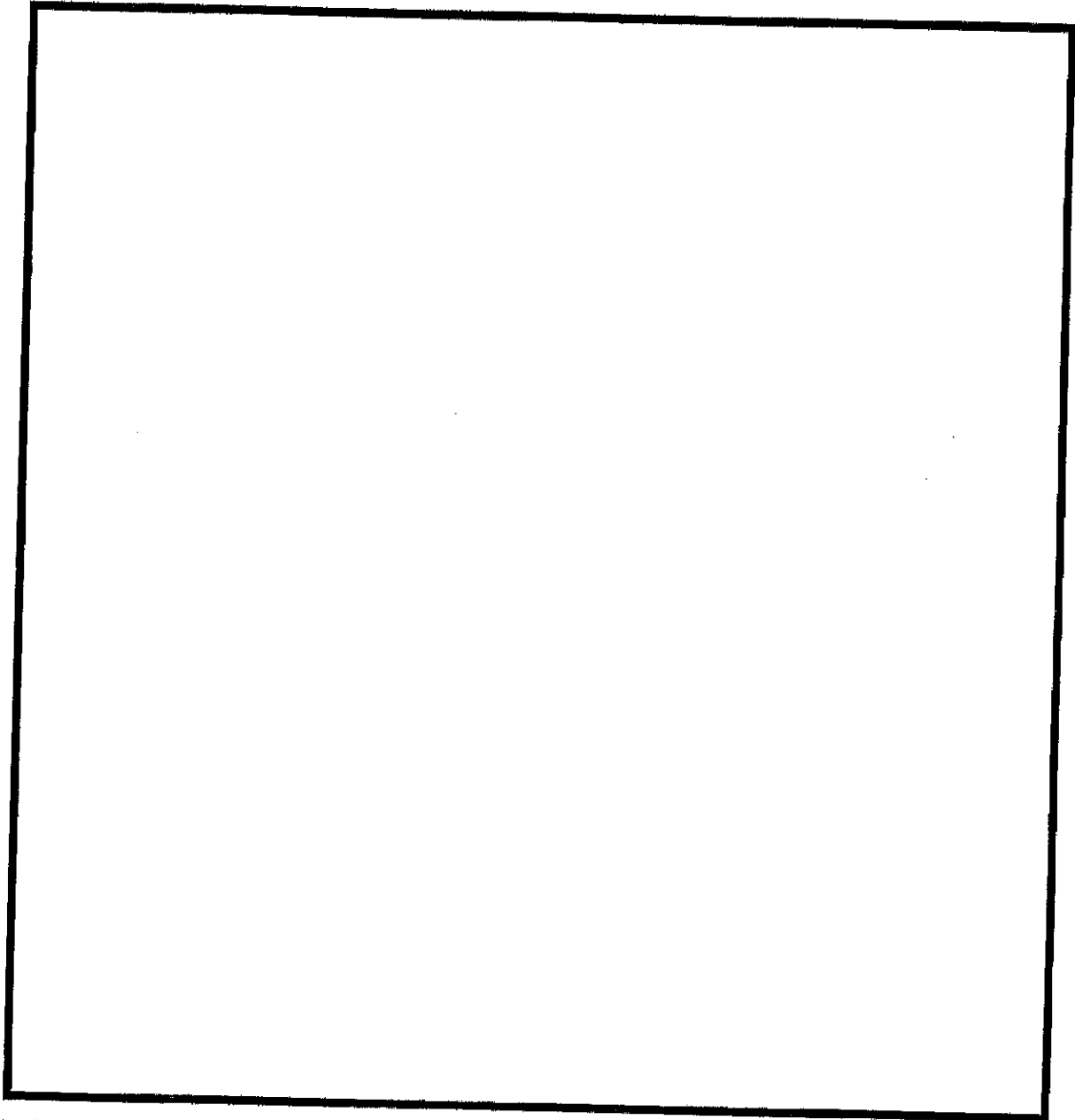
In the spaces below, write other things you could say to yourself to help you follow rules without getting angry.

The form consists of six empty speech bubble shapes arranged in two columns and three rows. Each bubble is an oval with a pointed tail at the bottom right, designed for a child to write a self-talk statement.

## **You Can Learn to Follow Rules**

### **Imagine Yourself Winning a Gold Medal**

In the space below, draw a picture of yourself playing your favorite sport. Think about the rules of that sport. Do you follow those rules without getting angry? If you do, draw a gold medal on yourself.







## **You Can Learn to Solve Problems**

Some children get angry when they have to deal with problems. Other children stay calm and figure out how to solve their problems. You probably know that getting angry doesn't make problems go away, but solving them does.

Some problems are big and some are small. Some problems make you angry, some make you sad, and some make you both. But whatever your problem is, you can learn to solve it.

## **You Can Learn to Solve Problems**

### **How to Solve Problems Without Getting Angry**

No matter what problem you want to solve, you can follow these simple steps:

1. Identify what the problem really is. For example, you may think your problem is that your mom is mean, when the real problem is that she wants you to set the table when you want to watch TV.
2. Write down as many ways as you can think of to solve the problem.
3. Decide which solution is the best.
4. Try that solution.
5. If it works, congratulate yourself on solving your problem.
6. If it doesn't work, try a different solution.

Think of a problem that makes you angry. Maybe your little brother is too noisy while you are trying to do homework. Maybe your parents want you to clean your room on Saturday mornings when you want to be playing with your friends. Maybe your best friend wants to invite other kids to play, but you want to play alone with her.

Write your problem here: \_\_\_\_\_

Write as many solutions as you can think of here: \_\_\_\_\_

Put a star next to the solution you think is best, and try that one first. Did it solve the problem? If not, try another.

## You Can Learn to Solve Problems

### Solving Problems: A Fill-in-the-Blank Story

Michael and Sam were good friends but they often disagreed about what to do when they played together.

Michael got angry whenever Sam \_\_\_\_\_.

Sam got angry whenever Michael \_\_\_\_\_.

They decided to come up five different ways to fairly decide what they would play. Their solutions were:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

The solution they decided to try first was \_\_\_\_\_.

What happened then was \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Michael and Sam felt \_\_\_\_\_.

## You Can Learn to Solve Problems

### Talking to Yourself About Solving Problems

When a problem seems really big, try thinking about the steps you can take to solve it. Here are some things you can say to help yourself:

“I can solve this problem.”

“It may seem hard, but I’ll figure out what to do.”

“Other kids have faced this problem and solved it. I will, too.”

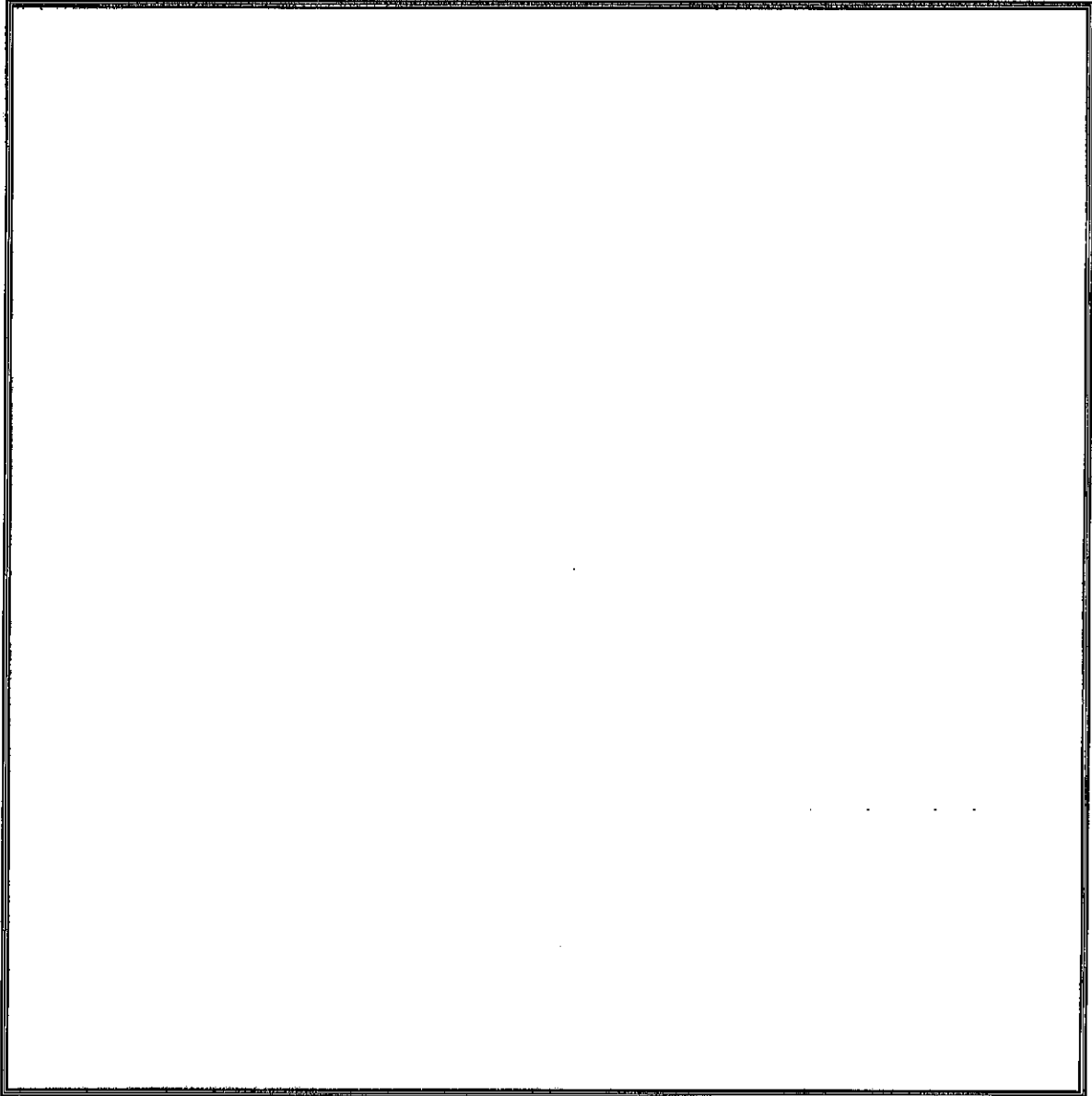
In the spaces below, write other things you could say to yourself to help you feel more confident about solving problems.

The form consists of six empty speech bubble shapes arranged in two columns and three rows. Each bubble is oval-shaped with a small tail pointing downwards and to the right. The bubbles are intended for the student to write their own self-talk phrases in.

## **You Can Learn to Solve Problems**

### **Imagine Yourself Having Solved a Problem**

Solving a problem is sort of like climbing a mountain. When you get to the top, you can see clearly and the view is often beautiful. In the space below, draw yourself standing on top of a mountain. Draw what you can see from where you are standing.



# 8

## You Can Learn to Have A Positive Attitude

If you wanted to see a certain movie and it was no longer showing at the theater, you might think, "That stinks! Bad stuff always happens to me." You would probably feel unhappy all day. Instead, you could think, "Well, I can always see it on video. There are other good movies I can see today." You'd have a better day then, wouldn't you?

That's what having a positive attitude is like. You choose to have thoughts that make you feel good instead of thoughts that make you feel bad.

When you find yourself starting to feel angry or sad or scared, take a deep breath and say "Stop!" to the negative thoughts going around in your head. Then think of a positive thought instead. The more you work on having a positive attitude, the better you will feel.

## You Can Learn to Have a Positive Attitude

### How to Have a Positive Attitude Toward Things That Make You Angry

Negative Nora and Positive Pam were talking on the phone one day. Nora said, "My cousin always wants the same clothes I have. She is so annoying!" Pam said, "That's funny. My cousin always wants the same clothes I have, too. I feel like she must think I'm really cool!"

Negative Nora and Positive Pam both get angry sometimes. But when they feel angry, each chooses a different way to think about it. For each thought Negative Nora has, write down what Positive Pam might think.

Negative Nora	Positive Pam
I hate doing homework.	
My sister always gets better birthday gifts.	
My bedtime is too early.	
I never get to be first in line.	
The bigger kids always hog the best spots on the playground.	

Now write down some negative thoughts about things that make you feel angry. For each, write something positive you could think instead.

Negative Thought

Positive Alternative

---

---

---

---

---

---

---

---

---

---

## **You Can Learn to Have a Positive Attitude**

### **Having A Positive Attitude: A Fill-in-the-Blank Story**

It was hard for Joey to look at the bright side of things. If it rained, he thought:

\_\_\_\_\_.

If it was sunny, he thought: \_\_\_\_\_.

If he slept late, he thought: \_\_\_\_\_.

And if he woke up early, he thought: \_\_\_\_\_.

One day, he felt really angry about \_\_\_\_\_.

Joey noticed that he was starting to often have negative thoughts, and he decided he was going to change his attitude. He would say to himself, "Stop! Here's a positive thought I could think instead: \_\_\_\_\_

\_\_\_\_\_."

Later that day, he was angry about \_\_\_\_\_.

He decided to think this positive thought: \_\_\_\_\_.

After doing this for a whole month, Joey realized he felt so much better. Here is what he decided to do: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# You Can Learn to Have a Positive Attitude

## Talking to Yourself About Your Attitude

Some people always look at the positive side of things. Other people find that hard to do, especially when they feel angry. They can help themselves focus on the positive and feel less angry by saying things like these:

“I don’t have to feel angry about this.”

“I can find something good about this.”

“People who look at the bright side of things are usually happier.”

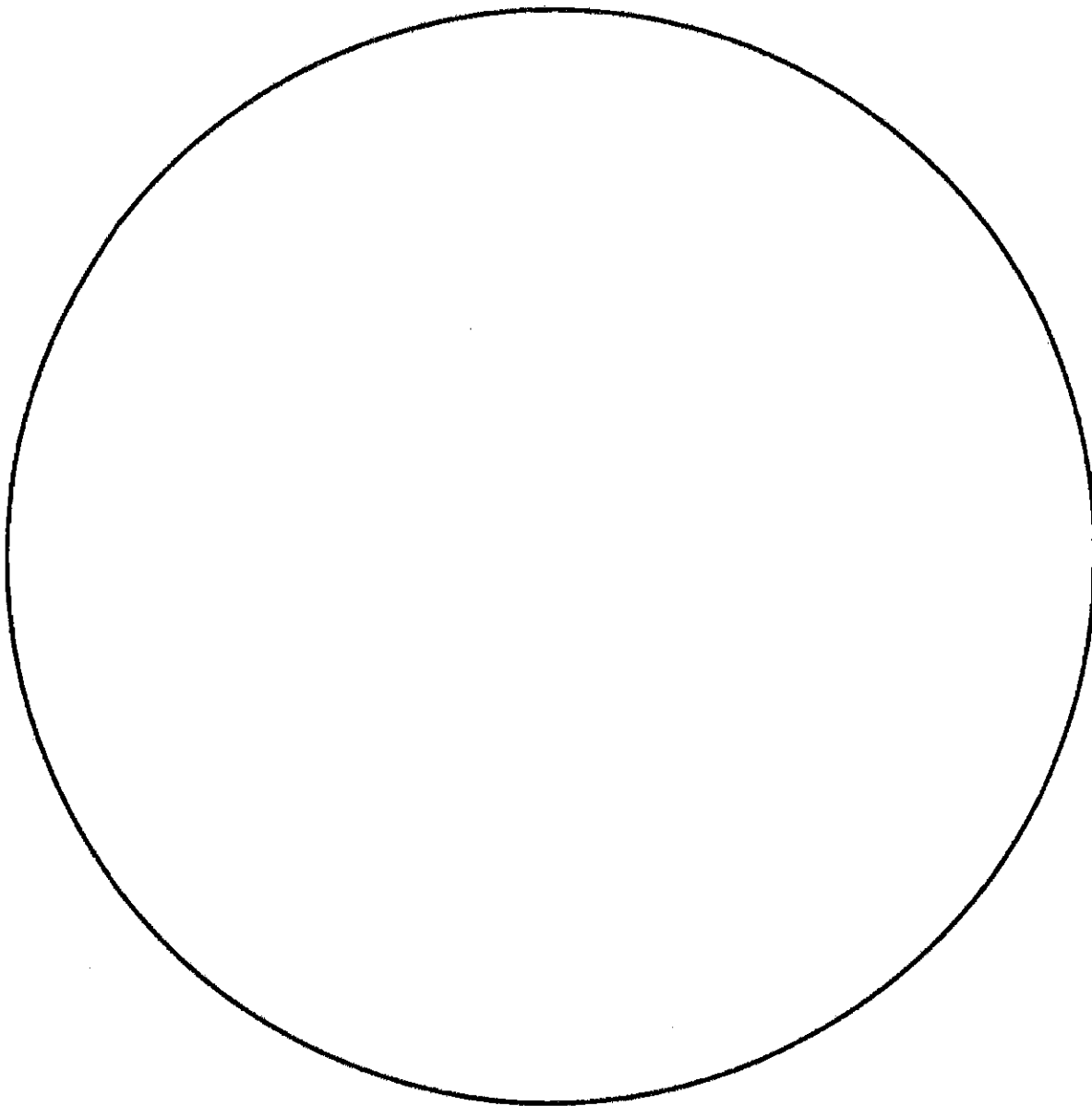
In the spaces below, write other things you could say to yourself to help you have a positive attitude.

The form consists of six empty speech bubble shapes arranged in two columns and three rows. Each bubble is an oval with a pointed tail at the bottom right, designed for writing text.

## **You Can Learn to Have a Positive Attitude**

### **Imagine Yourself Earning Positive Pennies**

Pretend that you earn ten positive pennies every time your attitude is positive.  
What does a positive penny look like?





## **You Can Learn to See Other People's Points of View**

Two people can look at the same thing and see it differently. What if Adam and Seth were both invited to Patrick's ice-skating party? Adam might be excited because he loves to skate. Seth hasn't skated very much and is afraid he will fall a lot, so he is worried. It's the same party, but Adam and Seth each have a different point of view about it.

Seeing other people's points of view can help you understand why they act the way they do. Even if you don't agree with what other people do, understanding why they do it can help you keep from feeling angry.

## **You Can Learn to See Other People's Points of View**

### **How to See Other People's Points of View**

Think about times when you felt angry with someone else. Tell what happened from your point of view. Then look at the situation from the other person's point of view and tell what may have actually happened.

I felt angry with \_\_\_\_\_ when \_\_\_\_\_.

I thought it happened because \_\_\_\_\_

Maybe it really happened because \_\_\_\_\_

I felt angry with \_\_\_\_\_ when \_\_\_\_\_.

I thought it happened because \_\_\_\_\_

Maybe it really happened because \_\_\_\_\_

I felt angry with \_\_\_\_\_ when \_\_\_\_\_.

I thought it happened because \_\_\_\_\_

Maybe it really happened because \_\_\_\_\_

I felt angry with \_\_\_\_\_ when \_\_\_\_\_.

I thought it happened because \_\_\_\_\_

Maybe it really happened because \_\_\_\_\_

## **You Can Learn to See Other People's Points of View**

### **Seeing Another Person's Point of View: A Fill-in-the-Blank Story**

Sarah came home from her soccer practice feeling really angry. Her mom could tell how angry she was because she \_\_\_\_\_.

"What happened?" her mom asked.

Sarah said, "It's not fair! The new girl \_\_\_\_\_,  
and then the coach \_\_\_\_\_.  
But it wasn't my fault."

"Put yourself in the new girl's shoes," Sarah's mom said. "Or maybe her soccer cleats," she added, smiling. "What would she say?"

Sarah thought about it and realized that \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

She told her mom that \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Her mom said that whenever she felt angry about how someone else had acted, she could remember to \_\_\_\_\_

\_\_\_\_\_

# **You Can Learn to See Other People's Points of View**

## **Talking to Yourself About Being Fair to Others**

It's easier to be fair to others if you try to understand how they see a situation. To help you do this, here are some things you can say to yourself:

"I may not know everything that happened."

"I see it one way, but someone else may see it another way."

"I'm not always right."

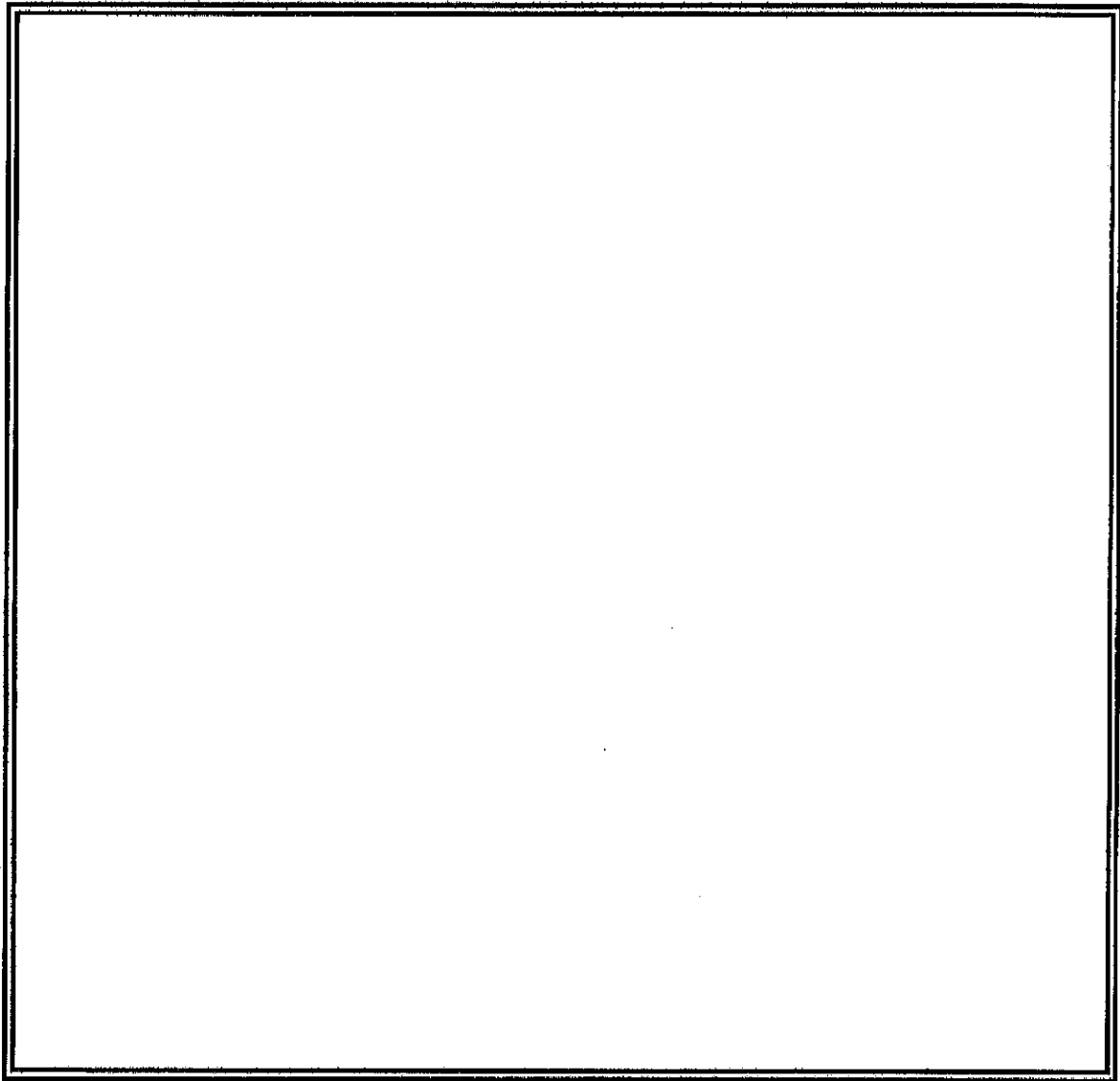
In the spaces below, write other things you could say to yourself to remind you that people have different points of view.

The form consists of six empty speech bubble shapes arranged in two columns and three rows. Each bubble is an oval with a pointed tail at the bottom right, designed for writing text. The bubbles are intended for students to write their own self-reminder phrases to help them understand different points of view.

**You Can Learn to See Other People's Points of View**

**Imagine Yourself in Someone Else's Shoes**

Do you know the expression, "Walk a mile in someone else's shoes"? It is another way to say that it is important to see things from another person's point of view. Draw a big shoe below. Make it big enough so that you will be able to write in it. In the shoe's outline, complete this sentence: *I walked a mile in someone's shoes when I \_\_\_\_\_.*





## You Can Learn to Use I-Messages

I-messages are a great way to talk about problems. They tell someone else what you want or need without blaming the other person. When people feel like they are being blamed, it's hard for them to listen to what you are saying. That makes it harder to solve the problem. I-messages help them hear what you are saying about your feelings and about how to make things better.

Here's a story about Kevin, whose friend Jake had promised to spend Saturday afternoon with him. Late Saturday morning, Jake called to cancel the plans because he didn't feel like getting together. Kevin was upset because Jake had canceled plans several times before this.

Kevin could have called Jake a name or just hung up the phone. He could have ignored Jake at school on Monday. Would that have kept Jake from canceling plans again?

Instead, Kevin decided to use an I-message to tell Jake how he felt. He said:

"I feel hurt when you cancel our plans without a good reason because I really like playing with you, and I want you to come over when you say you will."

The next time Jake was tempted to cancel plans, he thought about how doing it would make Kevin feel. He kept their play date, and the two friends had a great afternoon together.



## You Can Learn to Use I-Messages

### How to Use I-Messages

I-messages tell what you feel and what you need in this way:

I feel \_\_\_\_\_ when you \_\_\_\_\_,  
because \_\_\_\_\_, and I want you to \_\_\_\_\_.

Using I-messages can become a habit. Read each message below, and change it into an I-message.

You bumped into me, stupid!

---

---

You never call me to play. That's so mean.

---

---

I told you already. Don't you ever listen?

---

---

You're so noisy.

---

---

You're the worst friend in the world.

---

---

Close your mouth when you chew, slob!

---

---

## You Can Learn to Use I-Messages

### Using I-Messages: A Fill-in-the-Blank Story

Whenever Jamie started to talk, David would interrupt him. One day, he got so angry with David that he yelled out: \_\_\_\_\_

David got angry as well, and he told Jamie that \_\_\_\_\_

Pretty soon, they were having a loud argument in the middle of the schoolyard.

Their teacher, Mrs. Winkler, came over to see what was happening. Jamie complained that David always interrupted, while David said Jamie never gave him a chance to talk. Mrs. Winkler reminded them that they could use I-messages.

So David said: I feel \_\_\_\_\_ when you \_\_\_\_\_, because \_\_\_\_\_, and I want you to \_\_\_\_\_.

And Jamie said: I feel \_\_\_\_\_ when you \_\_\_\_\_, because \_\_\_\_\_, and I want you to \_\_\_\_\_.

After that, both boys felt \_\_\_\_\_ because they each \_\_\_\_\_.

From that day on, David and Jamie \_\_\_\_\_

# You Can Learn to Use I-Messages

## Talking to Yourself About I-Messages

To remind themselves to use I-messages, some people tell themselves:

“Calling names never helps.”

“I’ll get along better with other people if they understand what I need.”

“Even when I’m angry, I can speak calmly and explain the problem.”

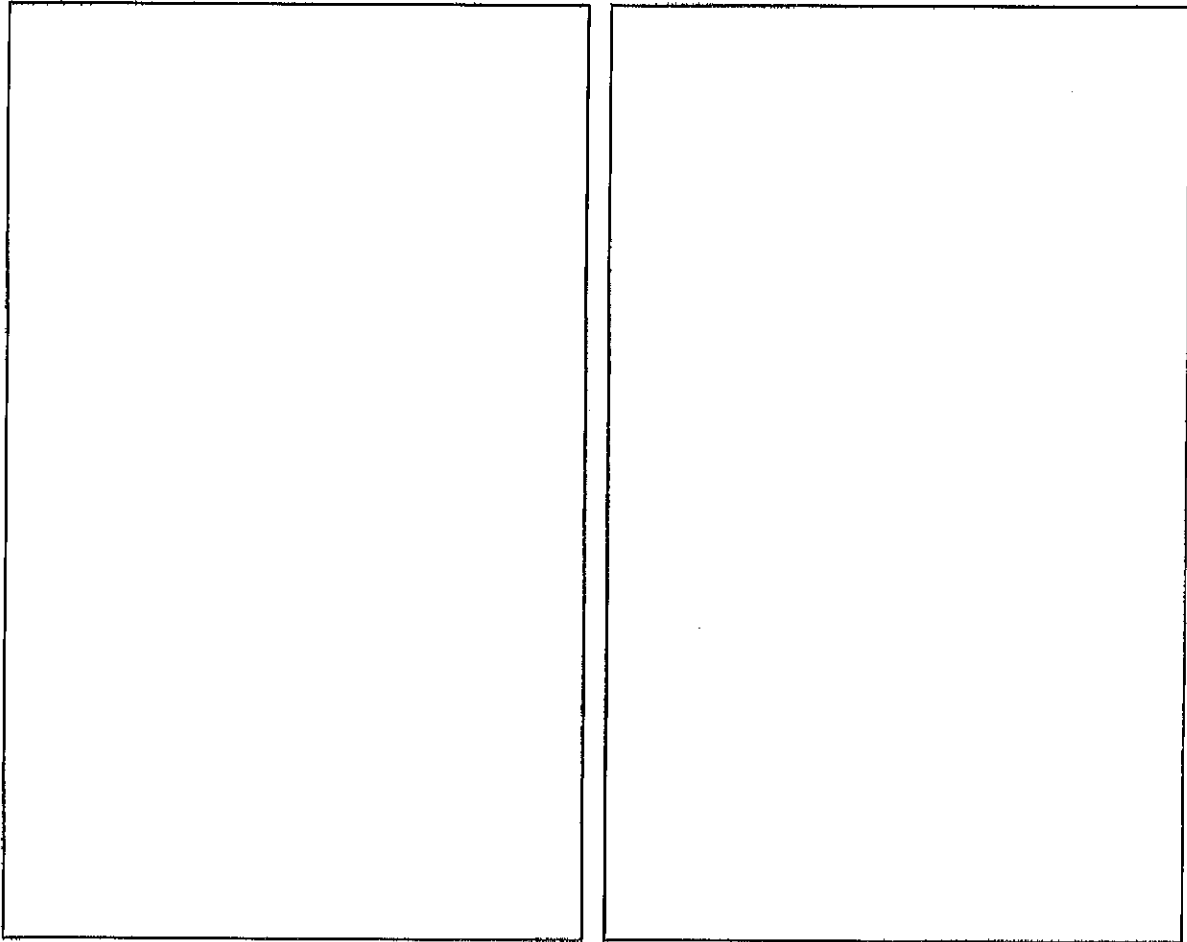
In the spaces below, write other things you could say to yourself to help you remember to use I-messages.

The form consists of six empty speech bubble shapes arranged in a 3x2 grid. Each bubble is an oval with a pointed tail at the bottom right, designed for writing a self-reminder message.

## You Can Learn to Use I-Messages

### Imagine Yourself Using I-Messages

Pretend you are talking to someone you are angry with. In the box on the left draw what the other person's face might look like if you expressed your anger by yelling or calling names. In the box on the right, draw what the other person's face might look like if you used an I-message to explain what was bothering you.

Two large, empty rectangular boxes are provided for drawing. The left box is intended for drawing a face that might look like if the person being talked to expressed anger by yelling or calling names. The right box is intended for drawing a face that might look like if the person being talked to used an I-message to explain what was bothering them.

## You Can Learn to Compromise

People sometimes get angry with each other when each wants something different, and neither is willing to give up on what they want. To understand how this can happen, let's listen to Dan and his sister Ann as they pick a game to play:

Dan: *Let's play Monopoly.*

Ann: *No, I want to play Clue.*

Dan: *But I don't. Anyway, you always get to choose. This time, I want to.*

Ann: *That's because I pick better games. Anyway, I'm older.*

Dan: *Who cares if you're older? Clue is a dumb game, and I'm not going to play.*

Just then, their dad called in, "You guys are giving me a headache. How about a compromise?"

Have you ever been in a situation like that?

## You Can Learn to Compromise

### How to Compromise

Imagine a giant cookie that two children each want. If they cut it in half, neither one gets the whole cookie, but each gets some. That's how compromising works. Two people meet in the middle. Each gets some of what they want and neither gets all of it.

Help Dan and Ann by suggesting how they can compromise on choosing a game.

Dan and Ann could \_\_\_\_\_

What compromises would help solve the problems below?

You want to watch one TV show, and your friend wants to watch another.

Your compromise: \_\_\_\_\_

You want to want to wear a sweatshirt, and your mom wants you to wear a warm jacket.

Your compromise: \_\_\_\_\_

You want to play indoors, and your friend wants to ride bikes.

Your compromise: \_\_\_\_\_

You want to do the kids' puzzles in the newspaper, and your brother wants to do them too.

Your compromise: \_\_\_\_\_

You want to write thank-you notes for your birthday gifts a few at a time, and your parents want you to write them all right after your party.

Your compromise: \_\_\_\_\_

What problem do you have that compromising could help?

## You Can Learn to Compromise

### Compromising: A Fill-in-the-Blank Story

Dana and Eric's older cousin Jess was staying with them while their parents were out for the evening. She told them they could order a pizza for dinner.

Dana wanted \_\_\_\_\_ on the pizza, and Eric wanted \_\_\_\_\_.

They started to argue. Dana thought she should choose because \_\_\_\_\_.

But Eric thought it should be his decision because \_\_\_\_\_.

Jess heard them arguing and suggested that they compromise. Neither of knew what compromising meant, so they looked it up in the dictionary. They found out that compromising meant: \_\_\_\_\_

As a compromise, Dana suggested \_\_\_\_\_.

Eric thought a good compromise was \_\_\_\_\_.

They talked it over and agreed to \_\_\_\_\_.

As Dana, Eric, and Jess were enjoying the pizza, they decided that compromising \_\_\_\_\_

## You Can Learn to Compromise

### Talking to Yourself About Meeting in the Middle

Children who know how to compromise find it easier to get along with their friends and with adults. You can help yourself remember to meet others in the middle by saying these things to yourself:

“Compromising will solve our problem, and then we can both enjoy what comes next.”

“I don’t always have to get my way.”

“Getting along with my friend is more important than always getting what I want.”

In the spaces below, write other things you could say to yourself to remind yourself to compromise.

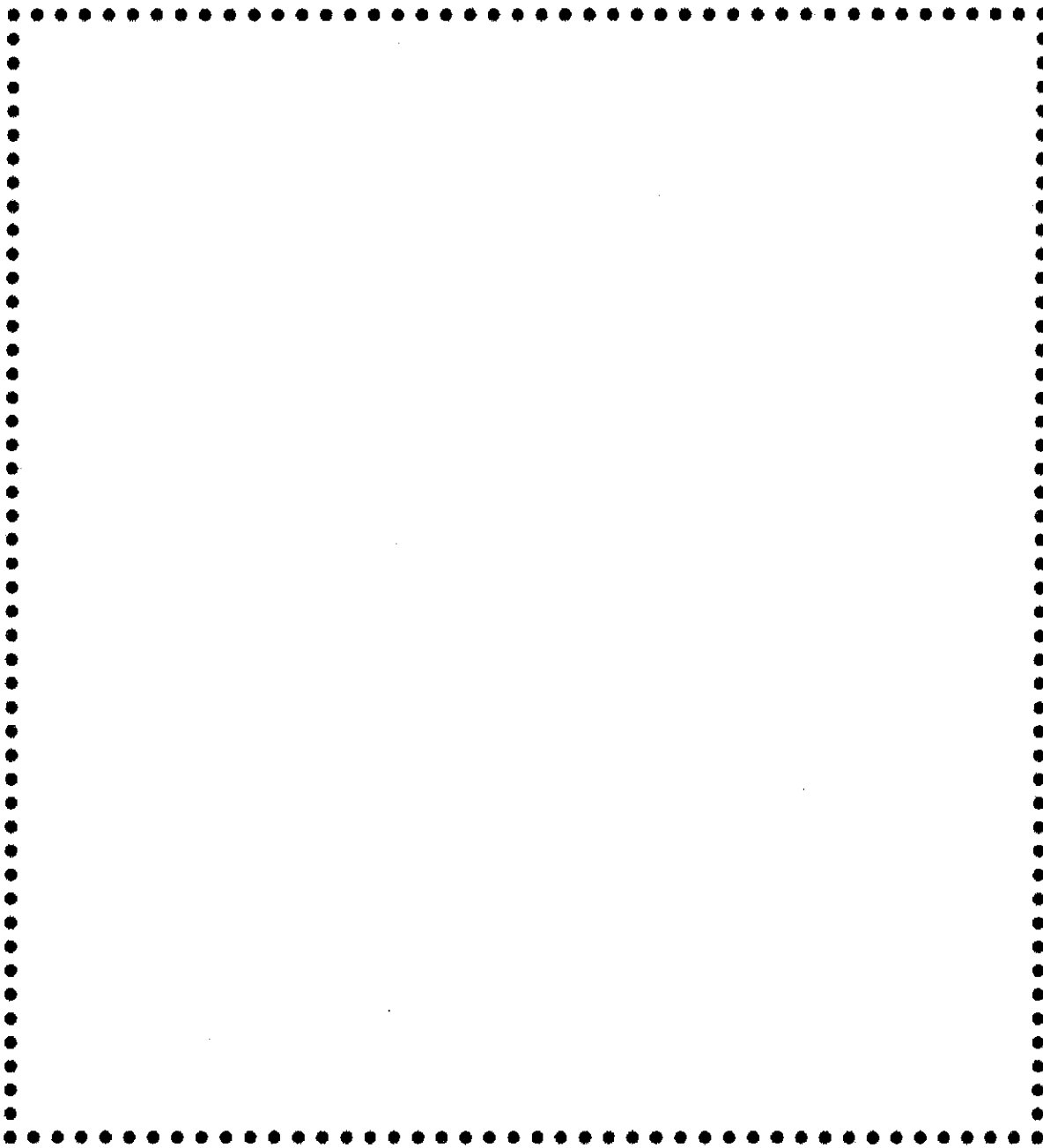
The form consists of six empty speech bubble shapes arranged in two columns of three. Each bubble is an oval with a pointed tail at the bottom, designed for a child to write a self-reminder phrase to help with compromise.



## You Can Learn to Compromise

### Imagine Yourself Compromising

In the space below, draw a picture of you and a friend doing something you have compromised on.



# 12

## You Can Learn to Apologize

Sometimes children who are angry say or do things that hurt other people. When you have hurt someone else, you can often make things better by saying you are sorry.

Imagine that Shannon had invited Emily to her birthday party, but Emily couldn't go. Shannon was angry and told all the other girls that she hadn't really wanted Emily at her party anyway. Emily's feelings were hurt. Would your feelings be hurt if that happened to you? And would you feel better if the other person apologized?

## **How to Apologize**

The best time to apologize is as soon as possible after you have hurt someone. What if you don't apologize right away? Well, it's better to apologize late than not at all!

When you say you are sorry, be sincere. That means acting and sounding like you really mean what you are saying. Admit that what you did was wrong, and say you won't do it again. It's a good idea to ask what else you can do to make things better.

Here's an example of a good apology:

*I'm sorry I hit you when I was angry. I won't do that again. The next time I feel angry, I will think before I act. What can I do to make up for it?"*

It isn't easy to apologize, but after you do it, you will feel better. The person you apologized to will feel better also!

## You Can Learn to Apologize

### Apologizing: A Fill-in-the-Blank Story

Hannah had really cool new sneakers. Jenny wished she had ones just like them but she had just gotten new sneakers and wasn't getting another pair.

Jenny felt \_\_\_\_\_.

She decided to tell some other kids in their class that \_\_\_\_\_.

When Hannah heard what Jenny was saying, she started to cry. Jenny felt \_\_\_\_\_ and decided to apologize. She knew Hannah hadn't done anything wrong.

At lunchtime, she went over to Hannah and said: \_\_\_\_\_

\_\_\_\_\_.

Then she asked Hannah: \_\_\_\_\_

Hannah smiled at Jenny and said: \_\_\_\_\_

\_\_\_\_\_.

After that, Hannah and Jenny \_\_\_\_\_.

\_\_\_\_\_

## You Can Learn to Apologize

### Talking to Yourself About Apologizing

Children sometimes have trouble apologizing. They may not know what to say, or they may feel afraid about how the other person will act. Here are some things children have said to themselves to make apologizing easier.

"If I apologize, other people will realize that I know I was wrong."

"I may not want to apologize, but I know it's important for me to do it."

"Once I've apologized, we can go back to being friends again."

In the spaces below, write other things you could say to help you remember to apologize.

The form consists of six empty speech bubbles arranged in two columns and three rows. Each bubble is an oval shape with a small tail pointing to the right, designed for a child to write their own reminders about apologizing.

**You Can Learn to Apologize**

**Imagine Yourself Apologizing**

Think of a time when you were angry and hurt someone's feelings. Finish the story below by writing about how you apologized. If you didn't apologize, write about what you could have said. Can you still say it?

I am sorry that I...

**You Decide Workbooks: You Decide About Handling Your Anger**  
**By Karen Schader**

Childswork/Childsplay publishes products for mental health professionals, teachers, and parents who wish to help children with their developmental, social, and emotional growth. For questions and comments, call 1-800-962-1141.

This publication is meant to be used by an ADULT facilitator only. The handouts/activities should be photocopied for distribution, or if this book contains a CD, they can also be printed.

Childswork/Childsplay grants limited permission for the copying of this publication for individual professional use. For any other use, no part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the publisher.

© 2006 Childswork/Childsplay  
*A Brand of The Guidance Group*  
[www.guidance-group.com](http://www.guidance-group.com)

All rights reserved.  
Printed in the United States of America.

ISBN 10: 1-58815-071-2  
ISBN 13: 978-1-58815-071-4

## HP LaserJet 400 M401n

# HP Web Services

### Enable HP Web Services

1. Open a browser on your computer and type 192.168.0.240 in the browser's address bar, and press Enter.

2. On the Web page that appears, click on the HP Web Services tab.

3. Review and accept the terms of use, and then click the Enable button.

### HP ePrint

#### Print from Anywhere

HP's free ePrint service provides an easy way to print from e-mail, anywhere and anytime. Simply attach a file to an e-mail, and send it to this printer's e-mail address. The attachment will print automatically on this printer. Supported attachment file types include .pdf, .jpg, .tif, and Microsoft Office(R) documents.

NOTE: Attachments may print differently than they appear in the software program which created them, depending on the original fonts and layout options used.

#### Your Printer is Protected

To help prevent unauthorized e-mail, HP assigns a random e-mail address to your printer, never publishes this address, and by default does not respond to any sender. ePrint also provides industry-standard spam filtering and transforms e-mail and attachments to a print-only format to reduce the threat of a virus or other harmful content.

NOTE: The ePrint service does not filter e-mails based on content, so it cannot prevent objectionable or copyrighted material from being printed.

### HP ePrintCenter

#### Use the HP ePrintCenter Web Site

Use HP's free ePrintCenter Web site to set up increased security for ePrint, specify the e-mail addresses that are allowed to send e-mail to your printer, get Print Apps (if available for your product), and access other free services.

- Go to the HP ePrintCenter Web site for more information and specific terms and conditions: [www.hpPrintCenter.com](http://www.hpPrintCenter.com)