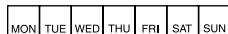


# Feeling Afraid



All people feel afraid sometimes.



They may cry or yell or run away.



\_\_\_\_\_  
(person/item/event\*)

makes me feel afraid.



I need to tell someone when I feel afraid.



I will try to say, "I feel afraid of \_\_\_\_\_."  
(person/item/event\*)



It is okay. Someone will help me.

\*Indicate what makes the individual afraid such as a person, an item (the dog), or an event (going to the doctor).

# Pulling Hair



Sometimes I feel mad and I pull hair.



Pulling hair is not a good choice.



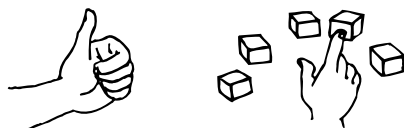
Pulling hair hurts.



I will try not to pull hair.



I will try to \_\_\_\_\_ when I am angry.  
(appropriate behavior\*)



This is a good choice.

\*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.

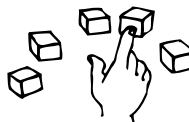
# Breaking Things



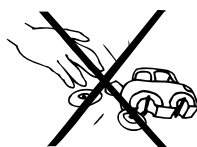
Sometimes I feel mad and I break \_\_\_\_\_.  
(item)



Now I can't fix \_\_\_\_\_.  
(item)



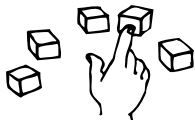
Breaking \_\_\_\_\_ is not a good choice.  
(item)



I will try not to break \_\_\_\_\_.  
(item)



I will try to \_\_\_\_\_ when I am angry.  
(appropriate behavior\*)



This is a good choice.

\*Use the *Anger Choice Sheet* on page 49 when teaching this lesson.