

Controlling Urge to Hit

Picture 1: Molly is in the cafeteria at school. She is eating lunch with Matt and her friend.

Picture 2: Molly cannot unzip her lunch box. Matt tries to help Molly, but she hits him. **Oh no, that's wrong!** You don't hit people when you feel angry. *You should use deep breathing and counting down to control anger.*

Picture 3: Molly cannot open her soup container. Her friend tries to help Molly, but Molly hits her. **Oh no, that's wrong!** You don't hit people when you feel angry. *You should use deep breathing and counting down to control anger.*

Picture 4: Molly cannot open her drink. The lunch lady tries to help her. Molly is angry, but she remembers to use deep breathing and counting down to calm herself. **Yes, that's right!** It is okay to feel angry, but you need to control the urge to hit a person.

Yes/No Questions

1. Is Molly in this story?
2. Is Matt in this story?
3. Is a friend in this story?
4. Is an adult in this story?
5. Does the story take place in a restaurant?
6. Does the story take place in the cafeteria?
7. Does Molly have trouble opening containers at lunch?
8. Does Molly like it when other people try to help her?
9. Is it okay to hit people when they try to help you?
10. Have you ever hit anyone when you were angry?

Wh- and How Questions

1. Who is eating lunch with Molly?
2. Who gets angry in this story?
3. What gets stuck on Molly's lunch box?
4. What does Matt try to do?
5. Where does Molly eat lunch at school?
6. Where do you eat lunch at school?
7. When does Molly hit Matt?
8. When does Molly hit her friend?
9. Why does Molly hit people when she gets angry?
10. How does Molly breathe and count when the lunch lady tries to help her?

Suggested Props

Cafeteria — table and three chairs

Two signs that say **Oh no, that's wrong!**

One sign that says **Yes, that's right!**

Lunch box, soup container, drink

Molly — red, pull-on skirt

Matt — white T-shirt

Friend — hair bow

Lunch lady — apron

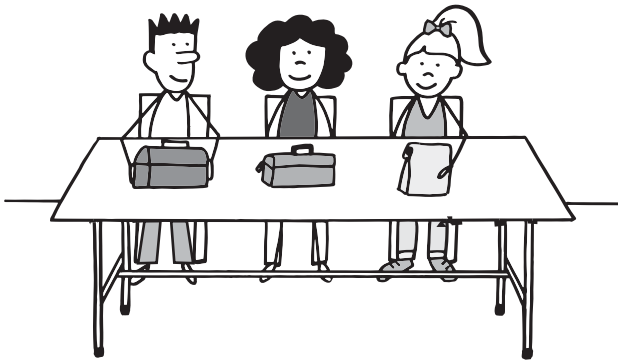
Homework Sheet

Social Skill of the Week: Controlling Urge to Hit

We practiced the above social skill using this four-picture Matt and Molly story. As you can see, the character in the story does the skill *wrong* two times before doing it *right* in the last picture.

- Cut the pictures apart. As you retell the story, ask your child to find the picture that you are describing. When all of the pictures are in sequential order, help your child act out the story.
- Reinforce “wrong vs. right.” Ask your child questions about the story, such as “Is it right to hit people when you feel angry?”
- Each week, after you review the story with your child, add picture number four to a little photo album. Title this book **The Right Way to Act**. You can refer to this picture when your child is in a similar social setting and needs reminding of the “right way” to act.

1



Molly is in the cafeteria at school.
She is eating lunch with Matt and her friend.

2



Molly cannot unzip her lunch box. Matt tries to help Molly, but she hits him. **Oh no, that's wrong!** You don't hit people when you feel angry. *You should use deep breathing and counting down to control anger.*

3



Molly cannot open her soup container.
Her friend tries to help Molly, but Molly hits her.
Oh no, that's wrong! You don't hit people when you feel angry. *You should use deep breathing and counting down to control anger.*

4



Molly cannot open her drink. The lunch lady tries to help her. Molly is angry, but she remembers to use deep breathing and counting down to calm herself. **Yes, that's right!** It is okay to feel angry, but you need to control the urge to hit a person.



Molly cannot open her drink. The lunch lady tries to help her. Molly is angry, but she remembers to use deep breathing and counting down to calm herself. It is okay to feel angry, but you need to control the urge to hit a person.

Controlling Urge to Hit

These materials are for your own use with students and clients on your caseload. It is a violation of copyright to post these pages on or link to them from a commercial website.