



# MAKING THOUGHTFUL DECISIONS



Name \_\_\_\_\_

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Name \_\_\_\_\_

# In Our Classroom

I will ...

I will ...



# Feelings

Name \_\_\_\_\_




I feel


I feel


when \_\_\_\_\_


when \_\_\_\_\_


My  are \_\_\_\_\_.


My  is \_\_\_\_\_.

My  are \_\_\_\_\_.

My  is \_\_\_\_\_.

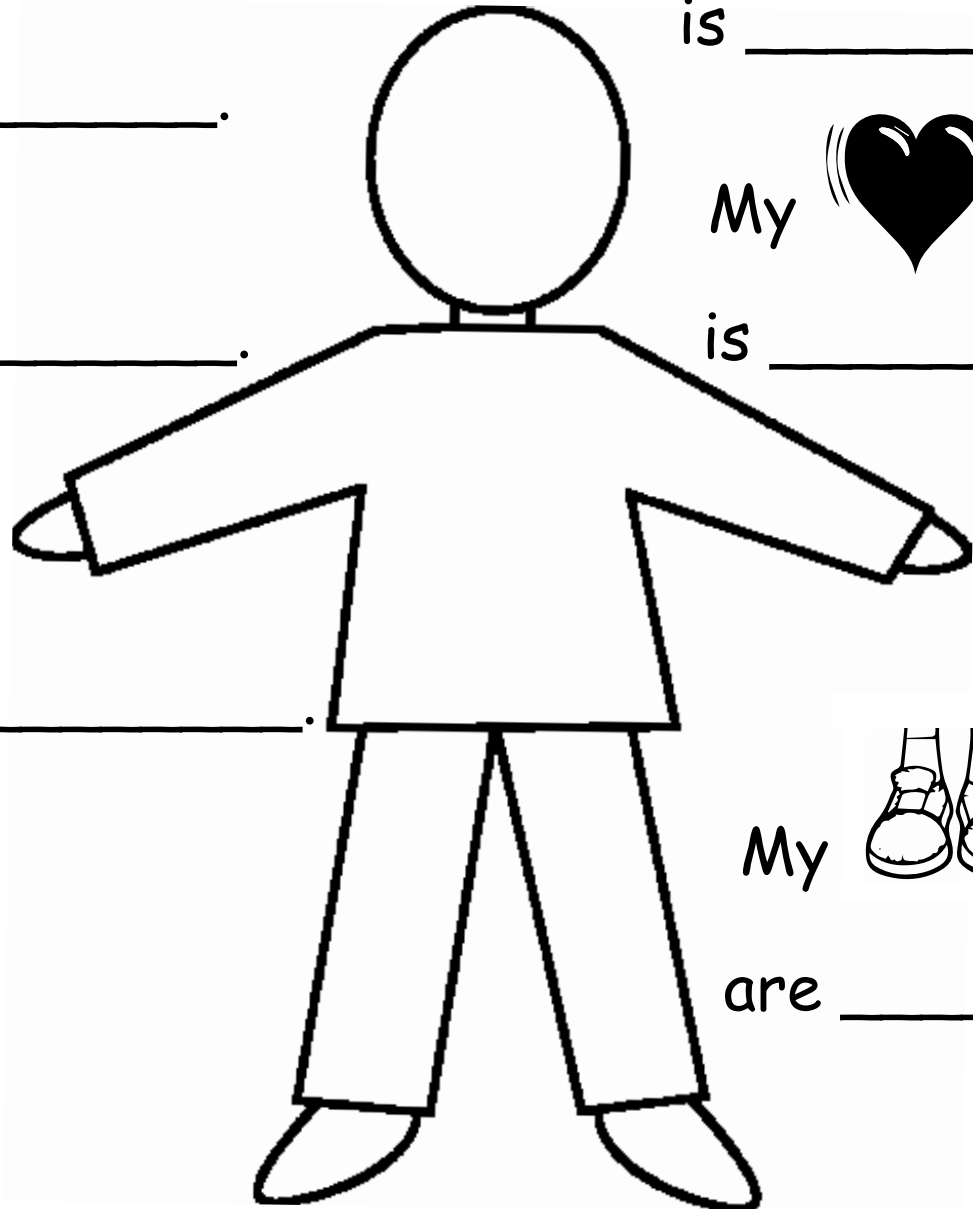
My  is \_\_\_\_\_.

My  are \_\_\_\_\_.

My  are \_\_\_\_\_.

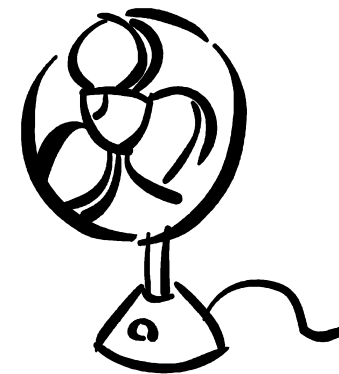
# Whole Body Listening

Name \_\_\_\_\_



Name \_\_\_\_\_

# Ways to Cool Off



When I'm angry or upset, I can cool off by ...




Name \_\_\_\_\_

# Bullying vs. Bothering

Bullying

Bothering

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# I Can Talk It Out



When someone is bothering me I will say, "I don't like it when you

\_\_\_\_\_.

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

When I am bothering someone and they ask me to stop I will say,

"I heard you say

\_\_\_\_\_. I'll \_\_\_\_\_

now. I'm \_\_\_\_\_."