In J1S we have been focusing on strategies we can use if we are upset or frustrated. We brainstormed some things to do if something is 'bugging' us.

When something is bugging me I can say....

"Stop it. I don't like it when you....."

"Feel angry when you do....."

or I can....

*Talk to a teacher
*Walk away
*Take 10 deep breaths
*Get a drink of water
*Talk about it when I am calm
"I'm upset because....."