A conflict is a disagreement between people. Conflicts happen to everyone. When they do, it's important to stay calm. Before you can make things better, you need to use your thinking brain. A thinking brain is a calm brain. It helps you make better decisions. 6

60

60

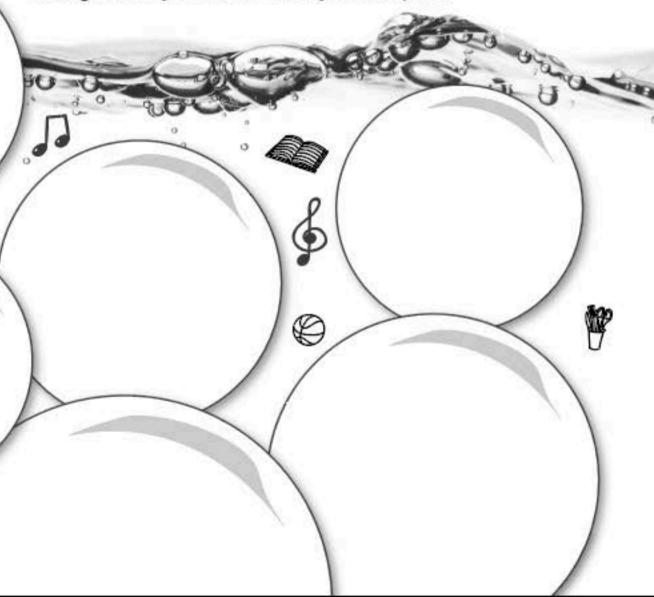
0

2



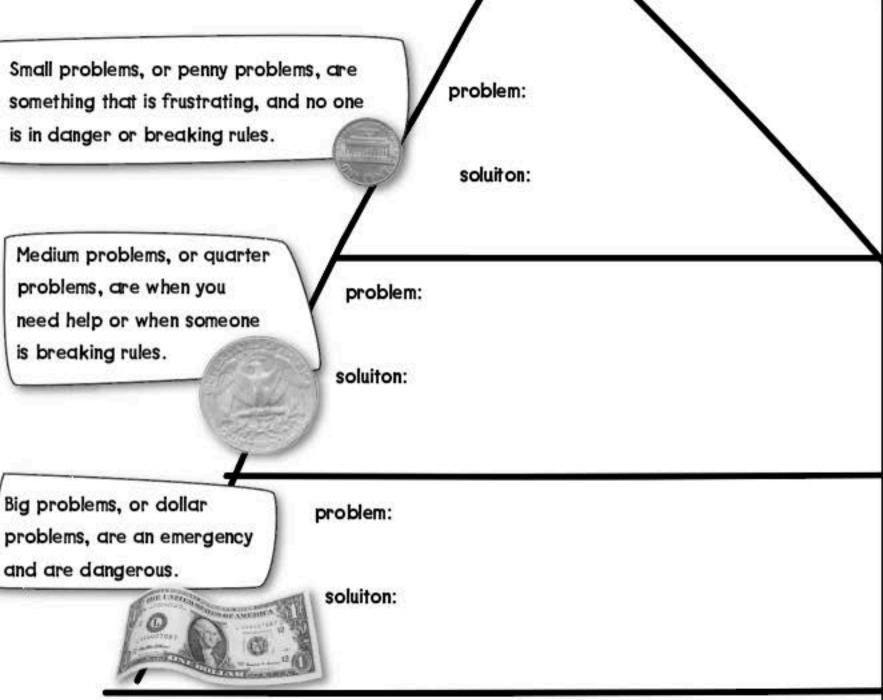
Color the emotion that matches how you are feeling or draw your own.

What are ways that you can calm down when your emotions start to bubble up? Draw or write strategies that you can use when you are upset.



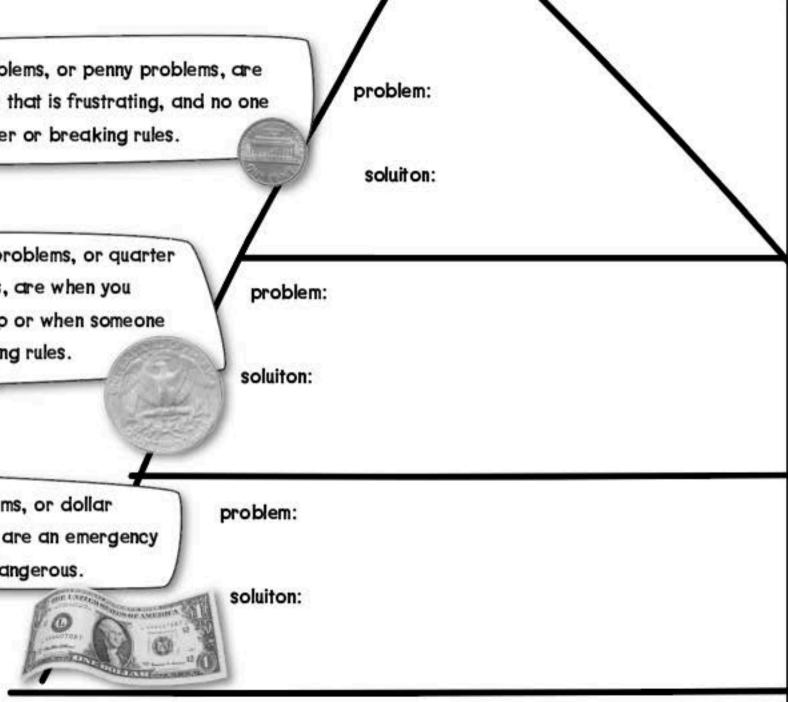
Everyone has problems! When you have a problem, you need to figure out how to solve it. To solve a problem, first figure out what the problem is. LILL Then, figure out the size of the problem. Once you know how big it is, you can figure out what to do next.

> Problems come in different shapes and sizes. DRAW or WRITE a example of a penny, quarter, and dollar problem. EXPLAIN how you would solve each problem.



Big problems, or dollar and are dangerous.

2





PENNY.

Color the emotion that matches how you are feeling or draw your own.

D



Your courage comes from your heart. It helps you to do the right thing even when it is not easy. There are many ways to show courage. You can try something new, overcome a challenge, or tell someone how you feel. How do you show courage?

Write and draw

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how you show courage.

A CUPFUL

CHECK

Color the emotion that matches how you are feeling or draw your own. Self-Awareness • Activity 3

I SHOW COURAGe By

