

UP

# BUBBLING

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.



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.

## CHECK IN

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



# PENNY, QUARTER, DOLLAR PROBLEMS

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.

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 an example of a penny, quarter, and dollar problem. EXPLAIN how you would solve each problem.

CHECK IN

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



Small problems, or penny problems, are something that is frustrating, and no one is in danger or breaking rules.

problem:

solution:

Medium problems, or quarter problems, are when you need help or when someone is breaking rules.

problem:

solution:

Big problems, or dollar problems, are an emergency and are dangerous.

problem:

solution:





# A CUPFUL OF COURAGE



I SHOW COURAGE BY

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 how you show courage.



CHECK IN

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

