

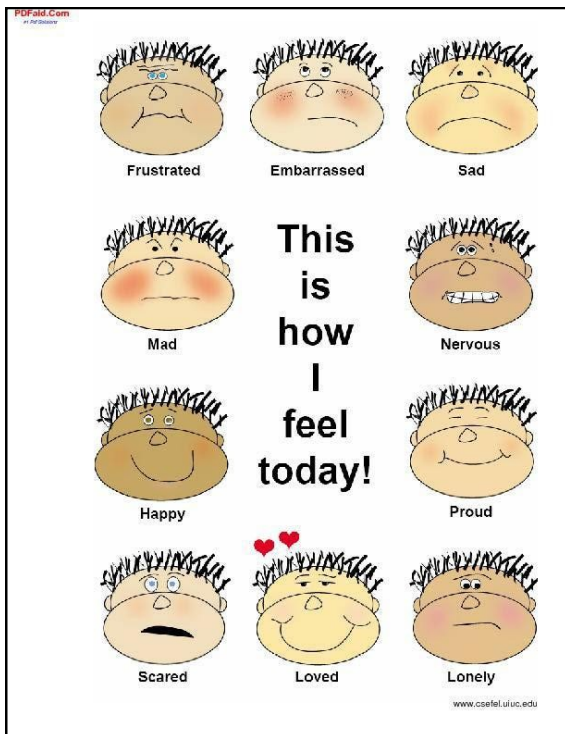
**SCHOOL VIOLENCE AWARENESS WEEK OCTOBER 15-19, 2018**  
**MRS. CHIRICHELLO- SCHOOL COUNSELOR**

**Use "I Statements"**

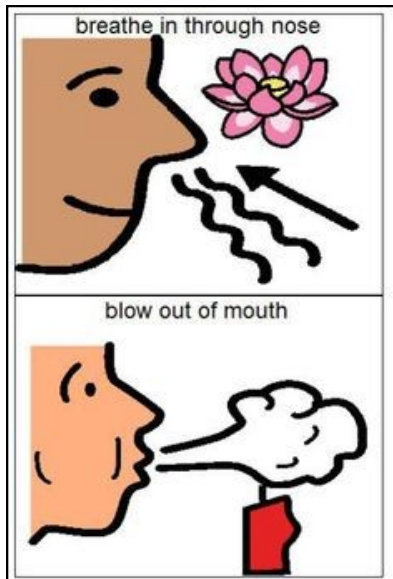
**I feel \_\_\_\_\_ (how you feel).**

**When \_\_\_\_\_ (what happened).**

**I need \_\_\_\_\_ (what needs to change).**



<b>5</b>	<p><b><u>I can't stand this and ready to explode.</u></b></p> <p>I want to hit someone, something, or throw something. I need an adult to help me go to a safe place so I can calm down.</p> 
<b>4</b>	<p><b><u>I am getting too angry.</u></b></p> <p>My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place to calm down.</p> 
<b>3</b>	<p><b><u>I am getting really irritated.</u></b></p> <p>I need to walk away from a bad situation. I will tell my teacher that I need a break.</p> 
<b>2</b>	<p><b><u>I am doing OK.</u></b></p> <p>I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.</p> 
<b>1</b>	<p><b><u>I am doing great.</u></b></p> <p>I feel good about myself and about what is going on around me.</p> 



**10 WAYS to Calm Down**

- Breathe in and out slowly 10 times.
- Squeeze a stress ball.
- Take a break and get a drink of water.
- Talk to a grown-up.
- Hug someone.
- Draw a picture about it.
- Write about your feelings.
- Do some stretches.
- Think of something happy.
- Read a magazine or book.