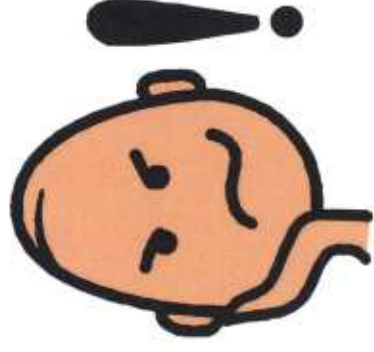
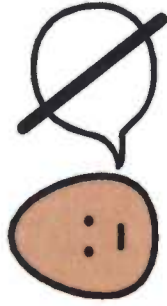


Tantrums Don't
Help Me Fix a
Problem



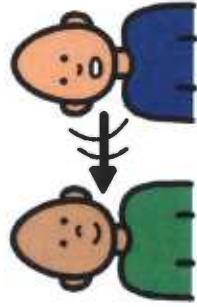
Sometimes people feel mad or
frustrated. Sometimes I feel mad!



I might feel mad or frustrated if a make a mistake, if I can't do something by myself, or if an adult tells me, "No!" These are problems I might have. *It is okay to feel mad or frustrated when I have a problem!*



Sometimes when I feel mad I throw myself on the floor, kick my feet, and scream. I might push chairs, throw things, or push people. This is called having a tantrum. *It is not okay to have a tantrum when I have a problem! I might hurt myself or another person.*



Tantrums don't help me fix my problems. If I have a problem, I can stop and take a breath or ask for help. I can use my words if I get upset because an adult says, "No!" I can stay calm.



When I use my words, I can help to fix my problem safely. I won't hurt myself or another person.
Tantrums don't help me fix my problems.