


How do I Respond?

Give examples of angry/frustrated responses and calm responses for the following situations.

		Angry/frustrated Response	Calm Response
	I lose at a game	Example: I cry and storm off	Example: I say well done to the winner
	It's too Loud!		
	An adult gets cross with me		
	My friend and I fall out		
	I feel left out		
	I get stuck with my work		