

Year 1 Room 2

PATHS

We have been learning about feelings. All feelings are okay but some behaviour is not.

When we are feeling angry we should stop and take a breath, make a plan then try it.



I am mad when my mum doesn't let me go to my trampoline.
Angelina



I get mad if I have to clean my toys and if I have to go to bed and if my sister bothers me and bosses me. Edzon



I am mad when I have to go to bed and when I have to go to my Nan's house and I have to go to bed. Ethain



What makes me mad is when mum does not let me stay up and play on my Xbox. Hayden



I get mad when people laugh at me and I say back off. And I get mad when mum says go to bed. I get mad when I go to play and mum says NO! Clean the room. Kaiden



I am mad when I don't play.
Makaylah



I am mad when I get soaking wet in the rain. I also get mad when Mum doesn't let me watch NETFLIX.
Max

Here are some things we can try when we are feeling angry.

- Talk to someone.
- Count to 10.
- Draw of picture of your anger.
- Give or get a hug.
- Run as fast as you can.
- Go somewhere safe until you feel calmer.



I am mad when Mala gets on my bed and gets off my bed straight away.
Mikah



I get mad when I am watching my videos and my brother comes to watch another video. LYDIA



I am mad because mum won't let me outside. I am so, so, so mad when I get my Ipad and I sit down and my sister takes it off me.
AARIA



I am mad when my brother gets my Ipad when I found it. I also get mad when my brother steals my LEGO. Jack



I am mad when I have to do my bed because my mum said but I took a deep breath and I took time to say sorry. I felt happy. Laylah