

I Am in Control of Myself

Newm

What could this child do to stay in control?

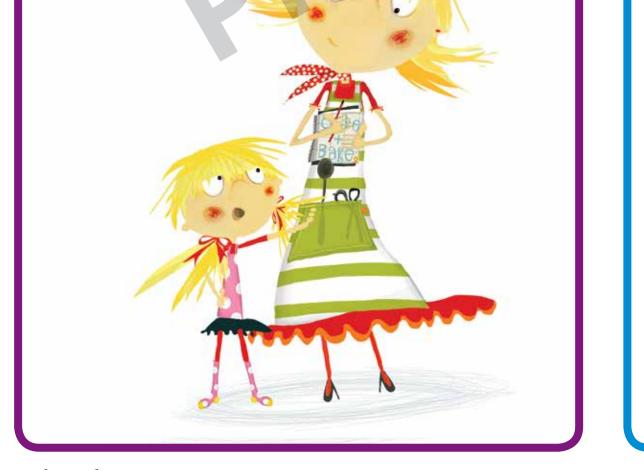


To the teacher:

Read aloud the question. Discuss what is happening in the picture. Guide children to brainstorm ways of coping with difficult situations and emotions.

How can you stay in control?





To the teacher:

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Read aloud the question. Then read aloud each strategy and point to its accompanying visual. Ask children to share experiences they have had using the various coping strategies.

629 Fifth Avenue • Pelham, NY 10803 • 1-855-232-1960 • www.newmarklearning.com

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