

# What could this child do to stay in control?



MySELF Series  
Theme Poster  
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**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?

**Stop and think.**



**Share your feelings.**



**Ask for help.**



**Walk away.**



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**To the teacher:**

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.