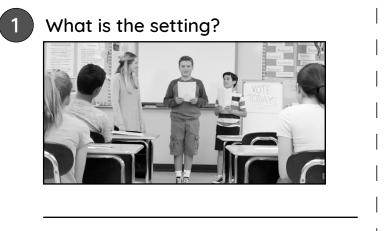


Changing the Channel When We Feel Upset

Name:	
Date: .	



Who is the main character?



Niko didn't stay calm when he had a big emotion. Inside the speech bubbles, write what others are thinking about him.

2



4

3

Write two things you can tell yourself to feel better when something doesn't go the way you expected.

Everyday 🕟 Speech

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Changing the Channel When We Feel Upset

Find a partner to interview. Write their answer to the following question: "How does it make you feel or think when a classmate has a big reaction in class?"

