



Changing the Channel When We Feel Upset

Name: _____

Date: _____

1 What is the setting?



2 Who is the main character?



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



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

■ _____

■ _____



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- 5 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?”

- 6 We can think of positive thoughts to help us Change the Channel on tough emotions. Draw a picture inside the three TVs below to show what thought or image you'd use to help you feel better.

