

What Do You Do When You're Upset?

When people are upset, they try different things to help themselves calm down and feel better. Some people go for a walk, some sing a song, some call a friend on the phone. In the story *Being Frank*, when Frank was upset, he clipped his toenails and alphabetized his bug collection. When that didn't cure his sad mood, he went to visit Grandpa Ernest to talk about his problem.

What are some of the things YOU do to help yourself feel better or calm down when you're upset? Do you talk to a friend? Read a book? Play an instrument? Fill in your own endings to the sentences below.

When I am sad, I feel better when I _____

When I am mad, I feel better when I _____

When I am lonely, I feel better when I _____

When I am worried, I feel better when I _____

When I am scared, I feel better when I _____

