

How do I have a Good Day in School?

I like to have good days at school.

When my day starts off good, the rest of my day is usually great. Those days are my favorite!

When my day starts off bad because of morning problems, I feel mad. But I'm lucky, because I learned an idea from a book. It's my teacher's book, but I remember what I learned when she read it with me. The book told me that when I am feeling upset, there are two choices I can make:

Choice B ☹️

I can say mean things and hurt people. That makes them sad and I usually get in trouble. Most of the time, I have bad days when I get in trouble.

Choice A 😊

I can tell an adult what happened. The adult can help me feel calm. When I feel calm, it is usually easier for me to smile and be kind to others.

To turn a bad start into a good day, choice A is what I will try to do. That way, I will have a better chance of having a good day no matter what! My classmates and teachers will be happier, and so will I. That is great!