Following the Rules

At school I work hard and follow the rules. My teacher is happy when I do my best work and follow the rules.

Sometimes other kids will not follow the rules. It makes me mad when other kids are not following the rules. When I see other kids not following the rules; I need to be calm.

- I may want to walk away. That is OK.
- I may want to tell a teacher. That is OK.
- I may not want to talk to the kids that made me mad. That is OK.

When I see other kids not following the rules, I may want to make them stop.

It is not my job to make them stop.
When I see other kids not following the rules, I may want to yell at them.

I should not yell.

When I see other kids not following the rules, I may want to hit or push.

I should not hit or push.

I need to remember to follow the rules myself and stay calm.

When I am calm, I can learn. I am happy.