

# PATHS in Room 14

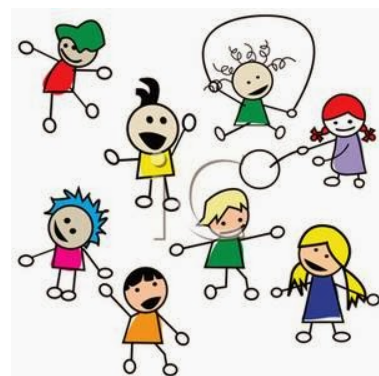
In Room 14 we have been discussing feelings and behaviours.

When we are feeling mad or angry, there are things that our brains and bodies tell us to let us know. These things that we feel are signals that let us know how we are feeling.

When we feel angry sometimes we feel ANGER inside and sometimes it shows on the outside.

Feel Inside	Shows Outside
<ul style="list-style-type: none"><li>● heart pounding</li><li>● crying</li><li>● face feels hot or red</li><li>● fast breathing</li><li>● shaky voice</li><li>● trembling</li><li>● tense stomach</li><li>● headache</li><li>● hard to talk</li></ul>	<ul style="list-style-type: none"><li>● stamping feet</li><li>● crying</li><li>● fast breathing</li><li>● making fists</li><li>● angry looking eyes</li><li>● trembling hands</li><li>● breaking something</li><li>● scream/yell</li><li>● answer back</li></ul>

All feelings are okay but some behaviours are NOT okay, so we need to find ways to calm down.



These are the ways the students in Room 14 calm down when they are angry.

When I am angry I count to 10 to calm down. (Jack)

When I am angry I sit under a tree and read a book to calm down.  
(Sahar)

When I am angry I go and talk to someone I trust. That's how I calm down.  
(Amelia)

When I am angry I get a drink and sit under a tree to calm down. (Jade)

When I am angry I think of something NICE to calm down. (Reegan)

When I am angry I stop and take a deep breath and sit under a tree and that calms me down. (Skye)

When I'm angry I count to ten in a silly way and do some drawings of expressions. I calm down that way. (Jason)

When I am angry I sit under a tree to calm down. (Makayla)

When I'm angry I go and talk to a person and go for a walk alone to calm down. (Isaac)

When I am angry I sing the alphabet to calm down. (Chrissy)

When I am angry I fold my arms, walk away, stop and get a long drink and go and talk to someone somewhere near a tree so that I can calm down.  
(Olivia)

When I'm angry I take a few deep breaths and walk around to calm down.  
(Dilara)

When I am angry I walk away and sing the alphabet to calm down.  
(Bahara)