

Recess

When I am at recess, I like to have fun. I like to play with my friends at recess. At recess, my friends may do something I don't like.

Sometimes at recess, I get angry or frustrated when my friends do things I don't like. It is okay to feel angry or frustrated. It is not okay to hurt others when I am angry or frustrated. It is not okay to yell at others. If I feel angry, I can do three things:

- 1.I can find an adult and tell them about my problem
- 2.I can find a new friend to play with
- 3.I can find a new place to play

When I am at recess, it is important to remember that it is ok to feel angry, but it is not ok to hurt or yell at others. I can find an adult, find a new friend, or find a new place to play. I can not yell and hurt others. If I am kind to others, I will have fun at recess.