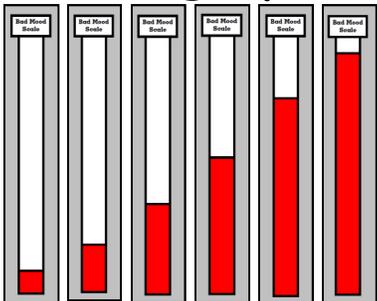
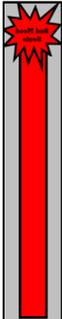
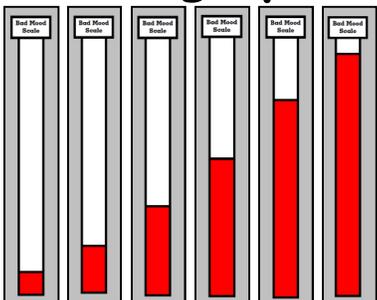
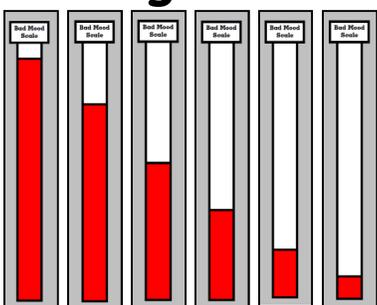


# One time, I POPPED!

Tell the story...

<p><b>Going up!</b></p> 	<p>What happened to make your "BAD MOOD SCALE" go up?</p> <p>What thoughts were you having?</p>
<p><b>I POPPED!</b></p> 	<p>What did you do when you popped?</p> <p>How did you feel?</p>

Re-Tell the story...

<p><b>Going up!</b></p> 	<p>When those things were happening, how could you change your thoughts?</p>
<p><b>Going down!</b></p> 	<p>What calming strategies could you have used to STOP that POP!</p> <p>How would you feel?</p>

Remember: Good Thoughts = Good Feelings = Good Things!

# Use your thoughts to **STOP THAT POP!**

There are things you can do to help you stay calm or calm down. When you are feeling your "BAD MOOD SCALE" going up, try the things on the list to keep you at a point where you can make safe and smart choices.

Here are Jace Kelly's ideas. Can you add to the list?

**Bad Mood Scale**

**Bad Mood Scale**

How to stay Calm

1. Take deep breaths.
2. Take a break.
3. Talk to a friend.
4. Exercise or play.
5. Count to 10.
6. Draw a picture.
- 7.

By: \_\_\_\_\_

Remember: Good Thoughts = Good Feelings = Good Things!