



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



## **ABC Tips for Yard Duty**

This month, the **ABC** book is *Clovis Keeps His Cool*. Our goals are for students to understand the different ways people express their emotions and how to respond to these expressions in an empathetic manner, to *stop, think, and reconsider* their response, and to *offer second chances*.

- Encourage students to allow feelings to stand and move through them in appropriate ways.
- Remind students of their coping tools when dealing with anger, such as:
  - Take 5 slow, deep breaths
  - Count to 10 or 20
  - Smell the flower and blow out the candle
  - Use *positive self-talk*
  - Take a walk
  - Do something physical (run or dance)
  - Talk it out with a friend or caring adult

### **ABC Skill Building Vocabulary:**

1. **Coping tools-** Actions students can take to manage feelings of anger as they reconsider their reactions.
2. **Offering second chances-** Show empathy by giving someone another chance after an angry outburst or hurtful words. Use a genuine apology as part of reconnecting can lead to the building of a new relationship.