

It's bugging me

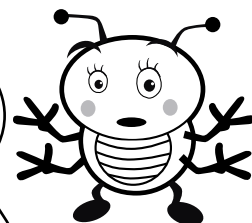
Name: _____

When something is annoying (or bugging) you, here are some things that you can say:

**Please stop
doing that.**

**I don't like it
when you...**

**I feel mad
when you...**

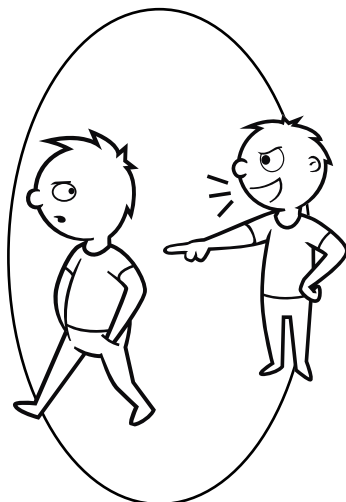
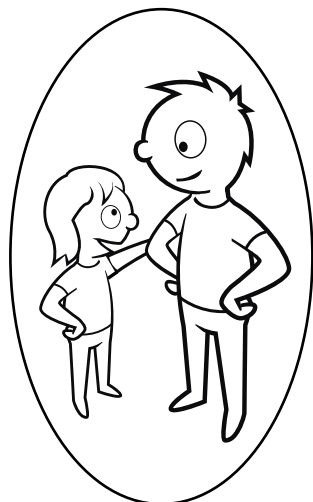


**That makes
me feel sad.**

**That makes
me feel angry.**

**I'm upset
because...**

Here are some other things you can do. Match the picture to the action.



Walk away

Tell an adult

Take deep breaths

Write it down