

# Stay OK at school



## It's bugging me

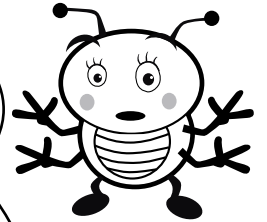
Name: \_\_\_\_\_

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...

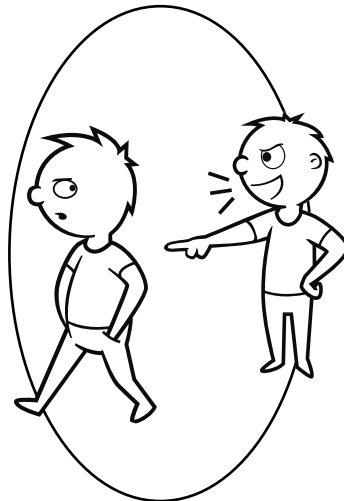
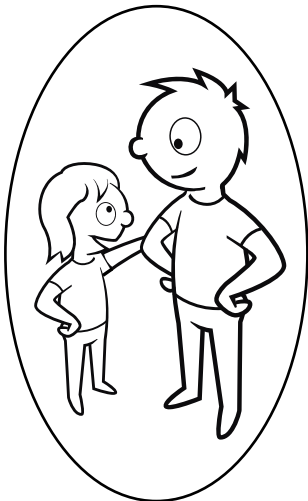


That makes  
me feel sad.

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