

Name: _____

Choose one of the three situations below and draw a comic strip with five frames.

Frame 1: Illustrate how the person feels.
Frame 2: Illustrate the person's poor response before thinking.
Frame 3: Illustrate how the person calms down.
Frame 4: Illustrate the person's action once he or she is calm and thinking the situation through.
Frame 5: Illustrate how the person feels after responding appropriately to the situation.

Situations:

- George has what his mother calls “a short fuse.” He gets angry easily and often does something that causes him to get in trouble. One day last week, George came home to find Eric, his younger brother, playing with his Space Wars collection. George could feel his stomach tighten and his hands forming into fists. He was so angry that he wasn't sure what he would do.
- Malik couldn't stand it any longer. Deepak had been teasing him about his new haircut for days and he felt like he was going to explode. He could feel his jaw tighten when he saw Deepak coming around the corner. It seemed like his face was heating up and his heart was beating like a drum. He had to put an end to this now!
- Kree and Cara had been friends since first grade. Lately though, Kree had started hanging out with Sal, and Cara was not only feeling left out, she felt angry that Kree would abandon her. Every time she saw Kree and Sal she felt like running away. Her chest hurt and she felt like crying. She just couldn't take it anymore. It was time to do something about it.

When you are finished your comic strip, think about how you might have reacted in this situation before you calmed down and then after you took time to pause and think.