

GRADES 2-3

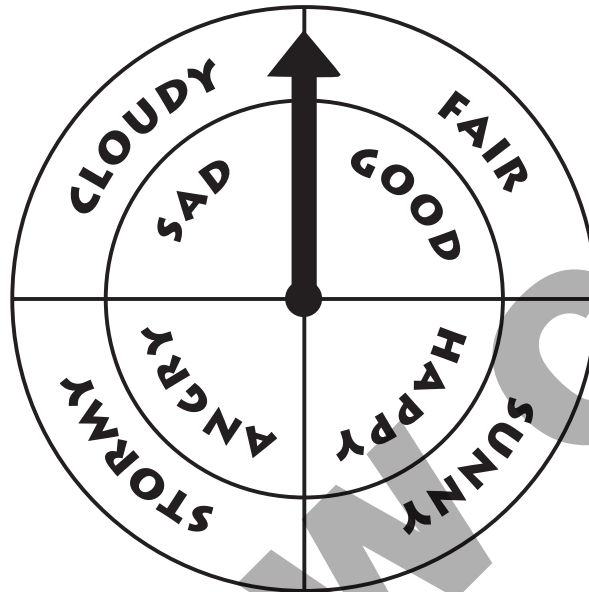
POWER PPALS

A
VIOLENCE
PREVENTION
LEARNING
AND
ACTIVITY
BOOK



STORMY FEELINGS

A FEELING BAROMETER



Color the space on the feeling barometer next to the feeling word that shows how you feel.

Complete the sentences by writing a feeling word in each blank below.

1. When my best friend plays with someone else I feel _____.
2. When I get blamed for something I didn't do I feel _____.
3. When I get a good grade on a test I feel _____.
4. When someone calls me names I feel _____.
5. When I can play with my friend I feel _____.

POWER CHANGES

Can you change
angry feelings?

YES!

**Stormy feelings
can be changed.**



Complete the sentences below by filling in the blanks in each box.

Sometimes when I am very
angry I feel like ...

but

To change angry feelings
I can ...

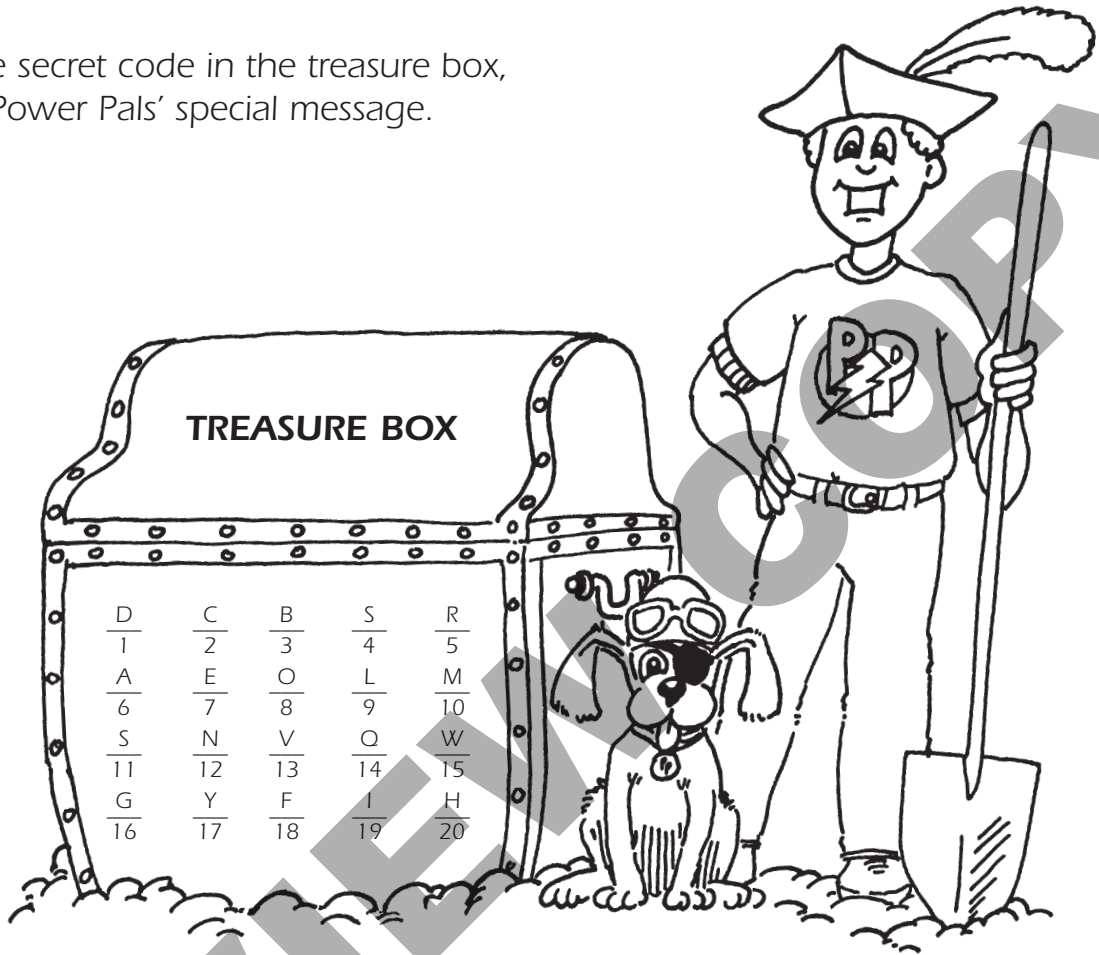
PREVIEW COPY

STORMY

FAIR

POWER PIRATE PALS

Using the secret code in the treasure box, find the Power Pals' special message.



Find the letters in the treasure box that match the numbers. Write the letters in the blanks over the numbers.

<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>			
6	12	16	5	17			
<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>
18	7	7	9	19	12	16	11
<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
2	6	12		3	7		
<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	<u> </u>	
2	20	6	12	16	7	1	

POWER WORDS

Please and thank you are power words!

They make you strong, it's true.

See if you can find all the words.

There are quite a few.

DIRECTIONS:

Cross out the c's, d's and f's. Write the power words in the spaces at the right.

POWER WORDS

PCLDEFAC SDE _____

TCHDAFNCK YDOFU _____

LCEDTFS SCHDAFRCE _____

LCEDT MFE HCEDLP _____

I ACM SDOFRCRDY _____

I WCAFS ACNDGFREY _____

LCEDTFS TCADLFK _____

POWER CLIMBERS

Follow the path of the mountain climbers.

Solve your problems.

Reach the peak!



3.

The best choice for me is

(choose one of the choices named in #2.)

2.

Think of choices

I could _____ and _____ or
(what could happen?)

I could _____ and _____ or
(what could happen?)

I could _____ and _____ or
(what could happen?)

1.

Name your Problem



My problem is _____

POWER CHOICES

When you have a problem

There are safe things to do.

Think of all the choices.

There are many for you!

It's important to make safe power choices when you feel angry or mad. Make a check (✓) by the activities that you would choose to change a feeling from stormy to fair.

_____ Listen to music

_____ Be alone

_____ Draw pictures

_____ Build things with clay

_____ Talk to someone

_____ Play with my toys

_____ Read a book



_____ _____
(Write your own special activity here.)

POWER JUMPERS

Power jumpers can jump out of any problem because they know how to make safe choices.



PROBLEM: It makes me so mad when someone calls me names.

<u>What could you do?</u> (choices)	<u>What would happen?</u> (consequences)
1. I could hit them.	1.
2. I could go and find someone to talk to.	2.
3. I could _____ _____.	3.

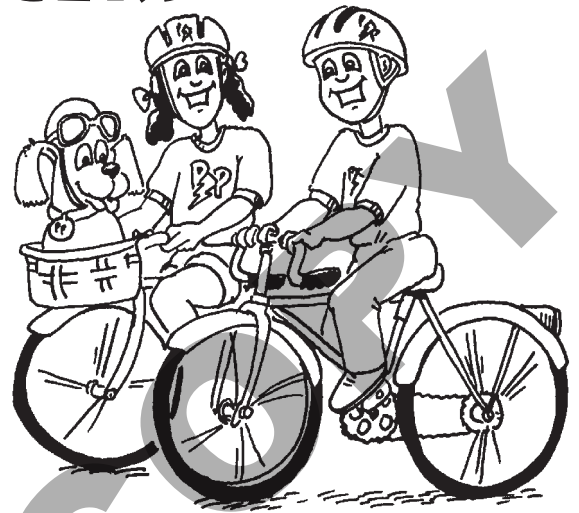
My best choice is: _____



POWER RACERS

Race for the finish line!

Complete the sentences below
and help the power pals go
from **mad** to feeling **good**.



I feel very, very **mad** when _____

START

I am a little **angry** when _____

I feel **frustrated** when _____

I am **feeling better** when _____

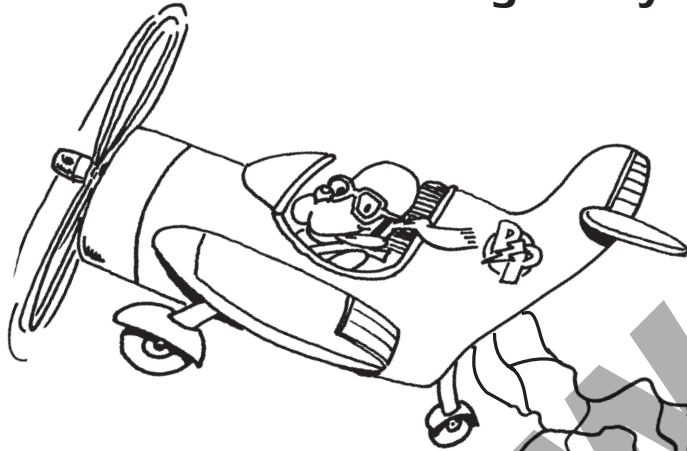
I am **feeling good** when _____

FINISH LINE

POWER PILOTS

Here's a power pilot
Writing a message in the sky.

Can you find the message
As he goes flying by?



Color the spaces with
the dots to find the
special message.

The message is ...

POWER THOUGHTS

**Whenever I am feeling angry
I can close my eyes and pretend,
And think warm, happy thoughts
To make me feel better again.**

Draw a picture that will help you change your feeling from stormy to fair.



THE POWER PALS



ANGRY FEELINGS CAN BE
CHANGED!

PREVIEW