

# Examples of "Stuff" That Happens

Late for School

Someone Yells At You

Didn't Finish Your homework

Your Sibling is Mad at You

Someone called You a Name

Accidentally Broke A Glass at Home

can't Find Your Favorite Shoes

**Problem:** \_\_\_\_\_ **Rate from 1 to 5:** \_\_\_\_\_

**How To Feel Better:** \_\_\_\_\_

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