

Written and Illustrated By:

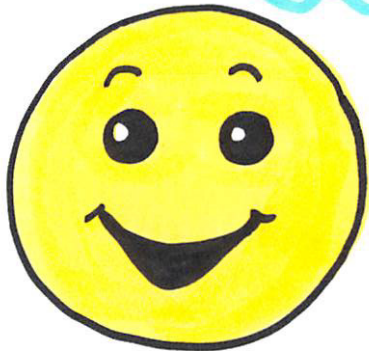
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(M.S., C.A.S. in school
counseling)

When I am Grumpy

Coping Skills for
Kiddos Struggling
With Feelings of
Irritability

Everyone feels
grouchy sometimes -
it's totally normal!
However, it's no fun
being grumpy, so we
have coping skills!



Hint: Keep reading!

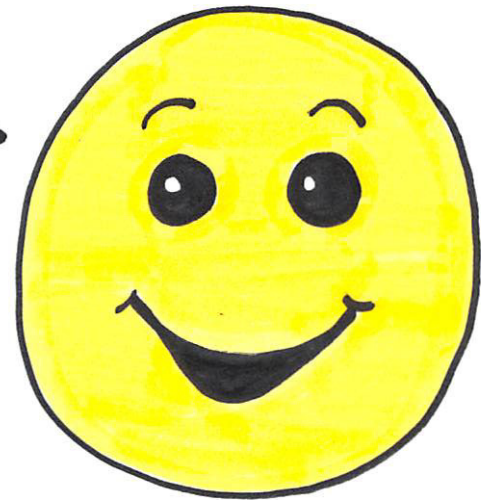
First of all, it's
OKAY to feel grumpy -
it happens!



It's okay
to have
your feelings
(even the
grouchy
ones!)

Feeling grouchy is no fun, though, so you don't want to get "stuck" there.

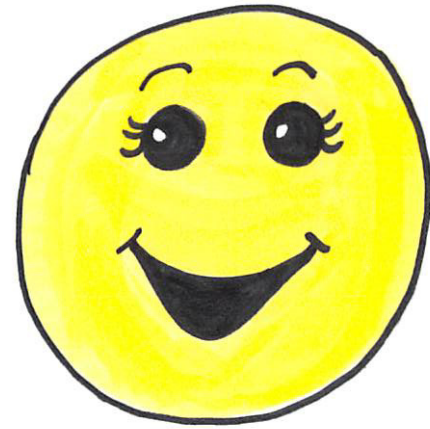
Let yourself feel
grumpy, but then
use Coping Skills
to MOVE ON



When you're feeling grumpy and have no idea why, ask yourself:

"Am I hungry?"

"Am I tired?"



Sometimes being grumpy is your body's way of telling you that you need food and/or rest!

If you are feeling grumpy because of something that happened, talk about it!

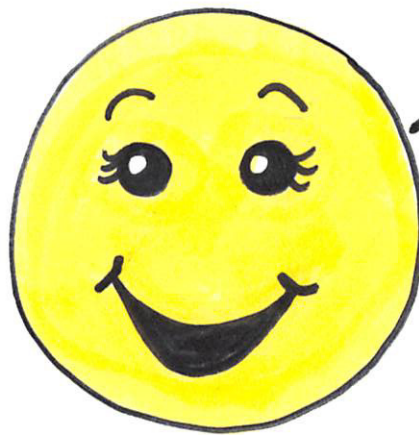


Today I didn't get to pick the book at storytime and it was my turn!

If you are feeling grumpy for no reason, try to distract yourself...

Do something you enjoy...

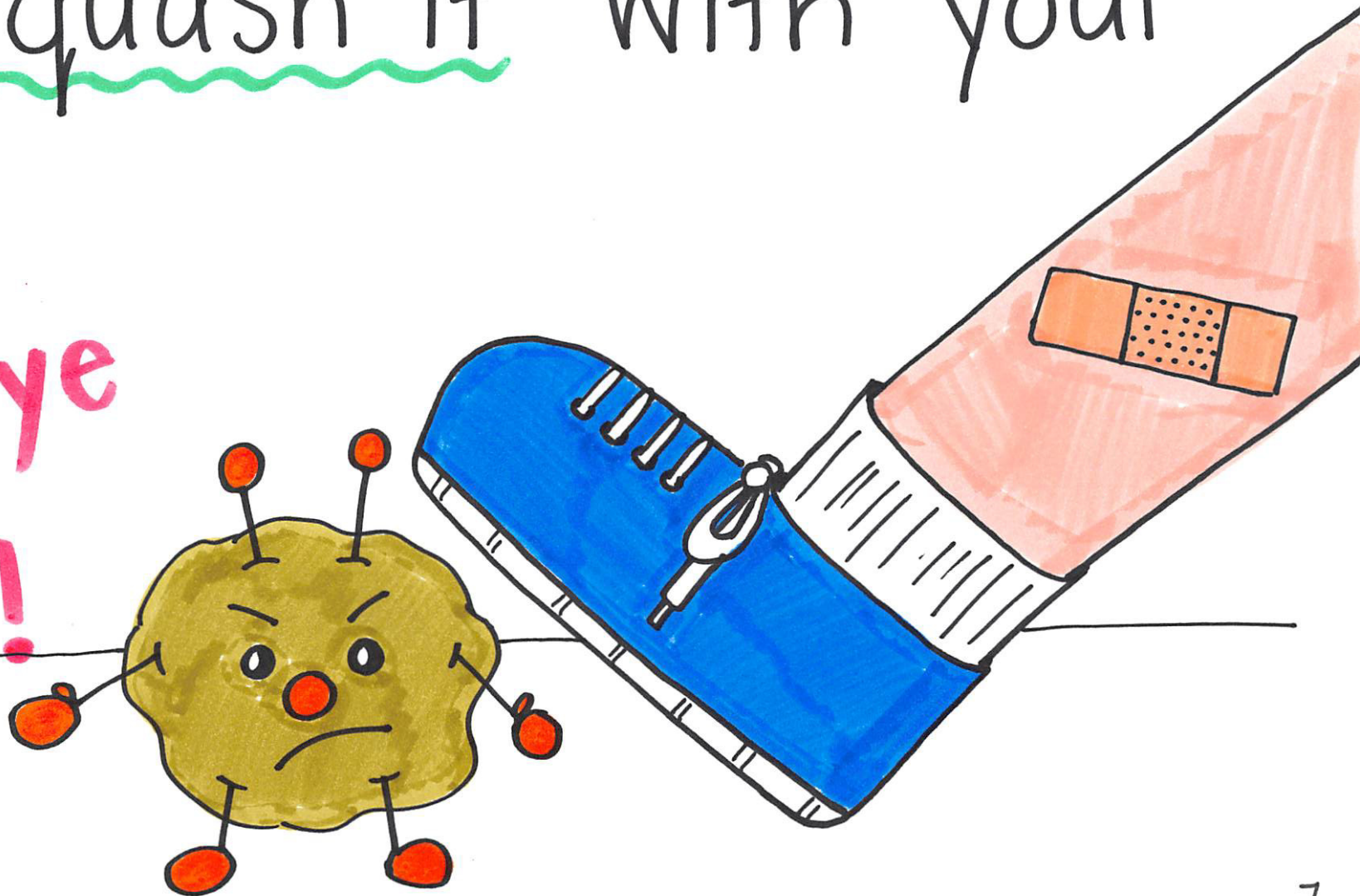
- Play a game
- Read a book
- write or draw
- Get some exercise
- Talk to a friend on the phone



Distract yourself and you'll probably forget you're even grumpy!

Try imagining your grouchy mood as a little monster and squash it with your foot!

Bye Bye
Mr.
Grump!

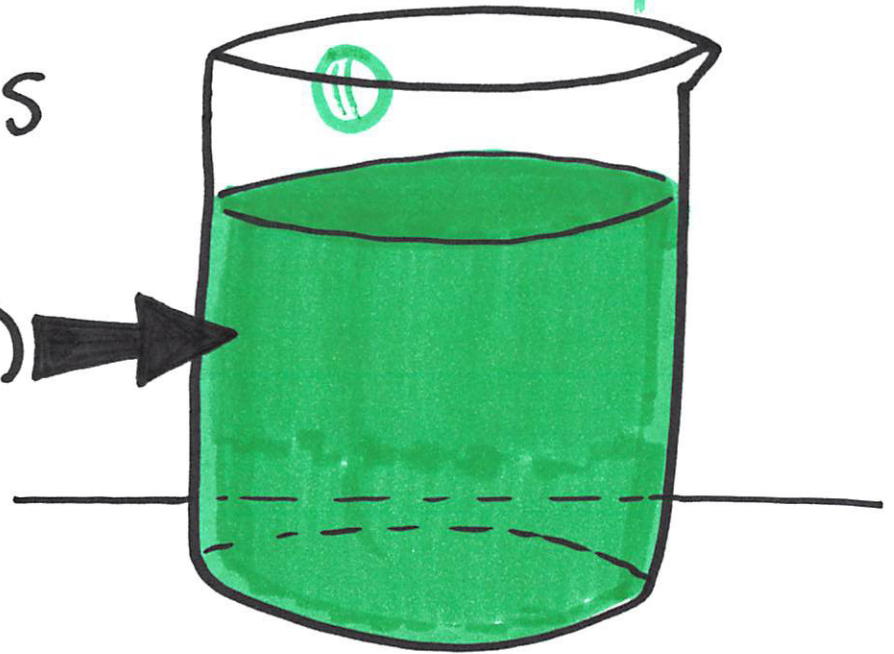


Exercise is a great
Coping Skill when
you're feeling grouchy!

➔ Ideas on next page!!

Exercising releases
natural chemicals in
your body (endorphins)
that make you

feel **HAPPY**



Exercising Ideas:

- Jump rope
- Sit-ups/crunches
- Run/Jog/walk
- Ride a bicycle
- Skip or gallop
- Dance (Dance party!)
- Yoga
- Hopscotch
- Obstacle course
- Walk like different animals
- Jump on one foot
- Pretend you're on a balance beam

You don't
have to do
anything
fancy...
... **JUST
MOVE!!**



Another way to get rid of the grumpies is to get creative!

- Draw a picture
- Paint a picture
- Write a story
- Write a poem
- Sculpt with play dough or clay
- Make something crafty
- Chalk on your driveway



A great way to get yourself out of the grumps is to do something kind!

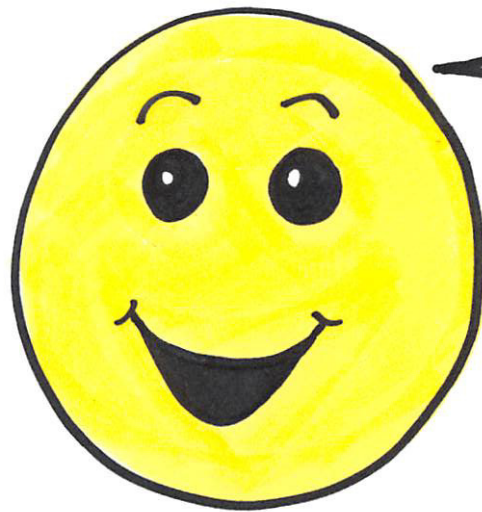
- Draw a picture or write a letter and mail it
- Chalk a kind message on someone's driveway
- Do an extra chore around the house
- Call, text, or video chat someone and tell them why you love them
- Tell someone in your family why you love them



Remember:

Everyone gets grumpy
Sometimes - it's totally
Normal and it's

Okay!!



Also:
Grumpy is
JUST a feel-
ing → it will
PASS!

Don't Forget:

You are **BRAVE** and

You are **STRONG**!!

You CAN **COPE**!!

(You can! You won't feel grouchy forever - it will pass!)

