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IT'S COOL  
TO BE KIND



# Colin Loses His Cool



Colin Cool was happy  
yesterday. He was with all  
the people he loves best.

He ran, played, and  
laughed a lot while  
doing all the things  
he loves to do.



The only time Colin Cool didn't feel happy yesterday was when a big dog almost ran into him.



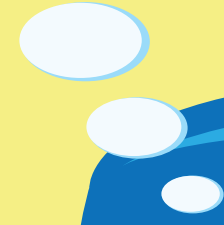
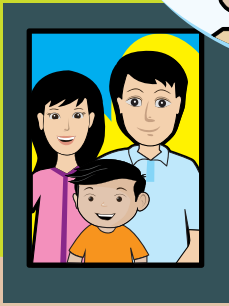
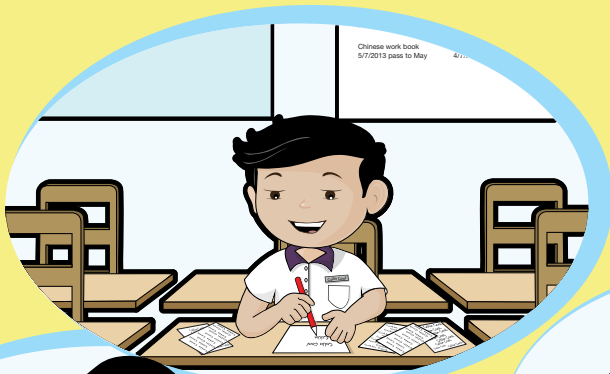
How did Colin feel?  
How can you tell?

But the dog was chasing a frisbee, and didn't mean to frighten Colin.



That night, Colin Cool had  
happy dreams.





What makes Colin happy?  
What makes you feel happy?

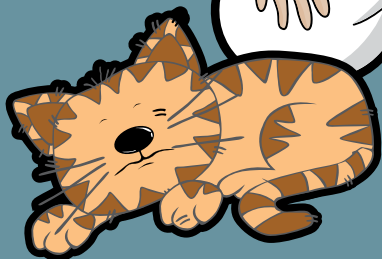
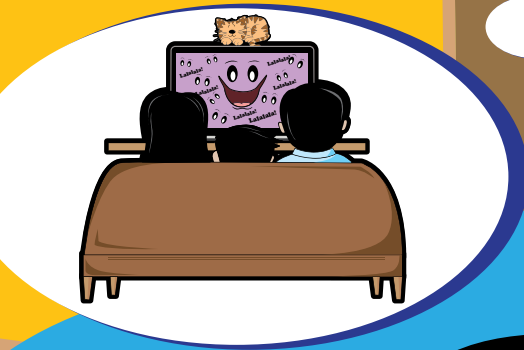
**This morning was very different from yesterday.  
Colin's cat, whom he loved very much, passed  
away during the night.**



**It's okay to cry,  
Colin. Say goodbye  
to Mew Mew.**







What is Colin thinking about? How is he feeling?

On his way to school, Colin complained  
of a stomachache.



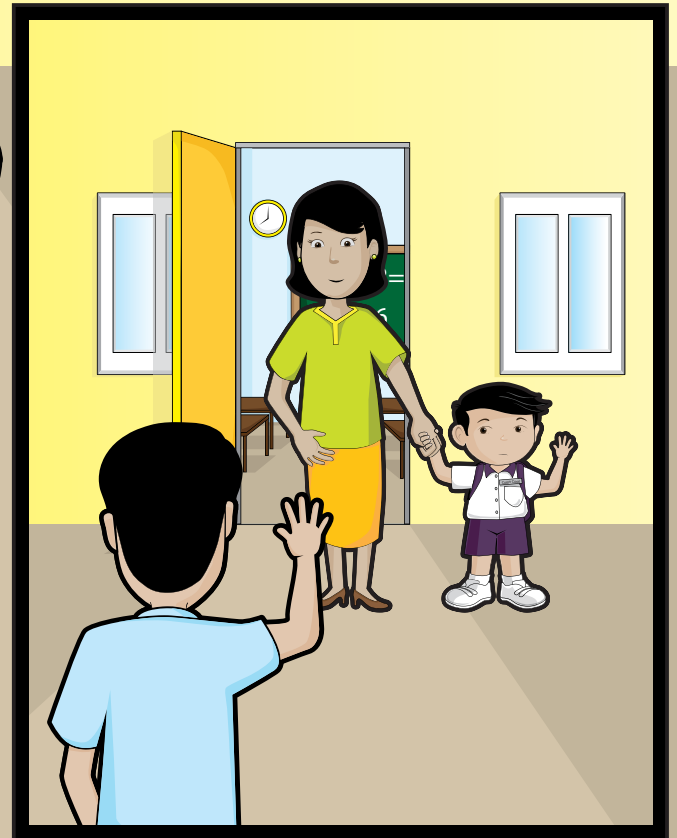
When they arrived at school, Daddy had a quiet chat with Colin's teacher, Madam Shanti.





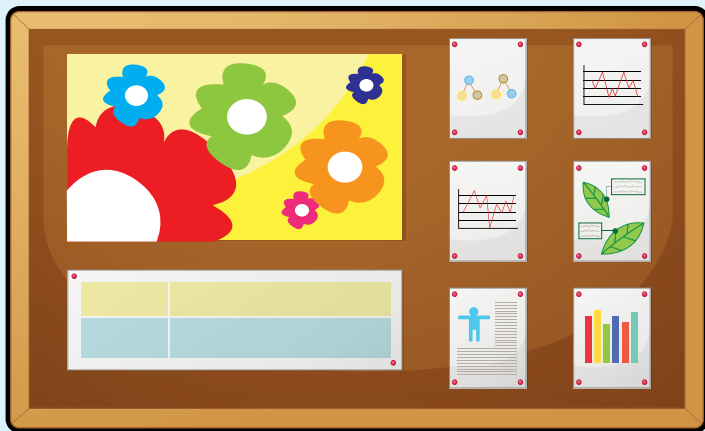
Can I go home?

I know you're sad about Mew Mew and that you don't feel so good. But Madam Shanti and I think that you'll be okay. Tonight we'll make a scrapbook in memory of Mew Mew. Maybe that will help you feel better.



Sometimes people feel stress in their bodies, just like Colin who has a stomachache. Other people may experience headaches, a pounding heart or fast breathing.

During math class, Madam Shanti noticed that Colin was not paying attention.



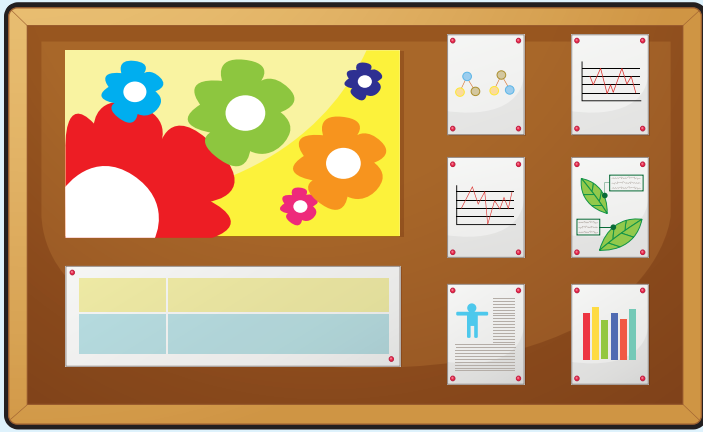
**Monday Schedule**

1. Math
2. Art
3. Break Time
4. Reading Time
5. P.E

Sun	Mon	Tues	Wed	Thur	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Colin, come join us!

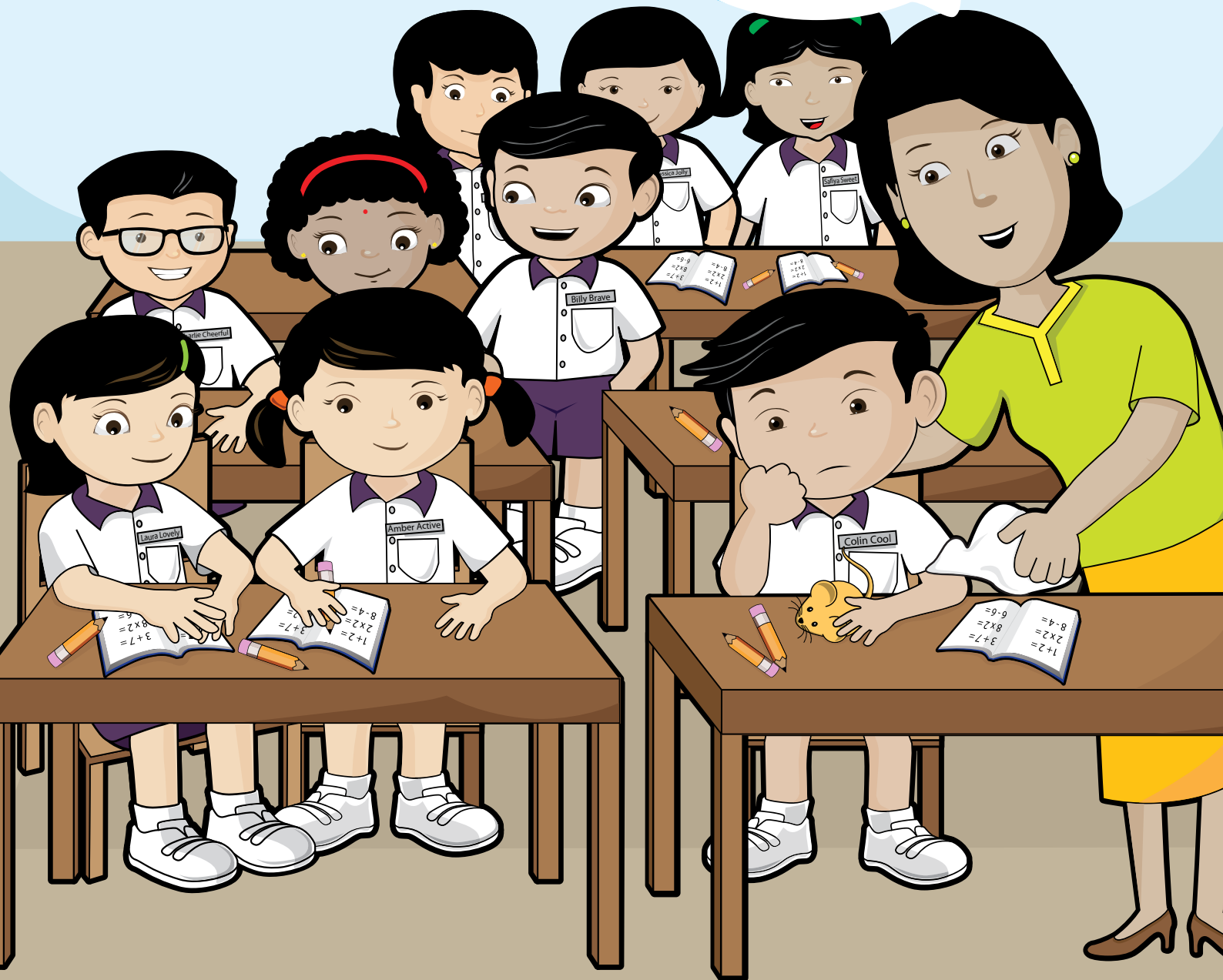


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1. Math
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**Colin, I'm sure you miss Mew Mew very much.**



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**Do you want to talk about it?**

**No.**

**Ok. Sometimes when you are sad, you just feel like being quiet. That's okay. I'm here to listen if you feel like talking, and if you don't want to talk, we can just sit together.**

**Thank you Madam Shanti.**

Colin Cool

$1+2=$   
 $2 \times 2=$   
 $8-4=$   
 $8 \times 2=$   
 $3+7=$   
 $6-6=$

During art class, Colin painted a picture of Mew Mew.



What did Colin do to help himself feel better?





**Mew Mew  
was a good cat.**

**Thank you,  
Amber. I'll keep it  
in my art book.**



**At the end of art class, Amber gave Colin a painting  
of him and Mew Mew.**



What makes you feel sad?  
What do you do when you feel sad?

When Reading Time started, Colin went to the bookshelf to select his favourite book.



Suddenly, there was loud laughter from the back of the classroom.



A short while later,  
there was more loud laughter.





**Ricky, this is the third time. Since you cannot keep quiet during reading time, you will come and sit next to me.**



4. Reading Time  
5. P.E

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1. Math  
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5. P.E

It's not fair!



Monday Schedule

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1. Math
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**Ricky and Colin, I can see you're both feeling angry right now, but your behaviour is not acceptable! Let's have a chat outside the classroom.**

**IT'S COOL  
TO BE KIND**



**How did Colin and Ricky show that they were angry?**

I am a  
**VIP**...  
A Very  
Important  
Person!



How am  
I feeling?

Be  
Cool,  
be  
you!

**Ricky, why are  
you angry?**

**Because it's unfair that  
you're scolding only  
me. Freddie and Suki  
were noisy too!**

**Colin, why are  
you angry?**

**Because Ricky  
threw my book.**

Everyone feels angry sometimes. It's normal.

Sometimes we feel happy, sad or scared, and that's okay too.

Angry



Happy



Sad



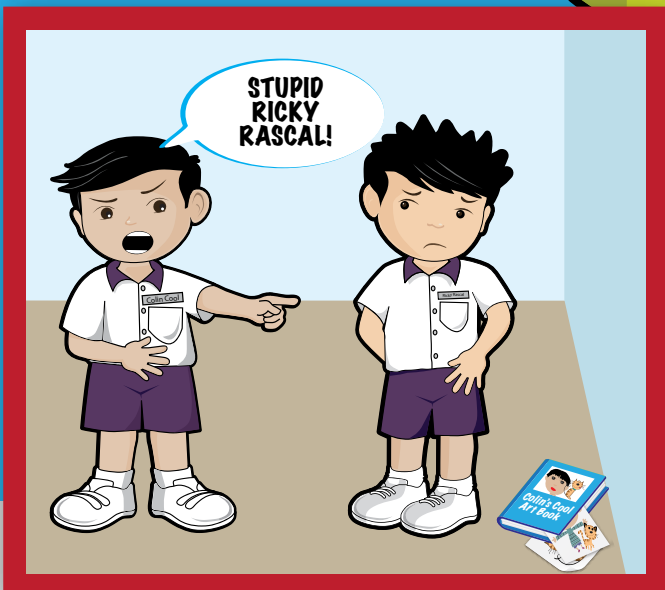
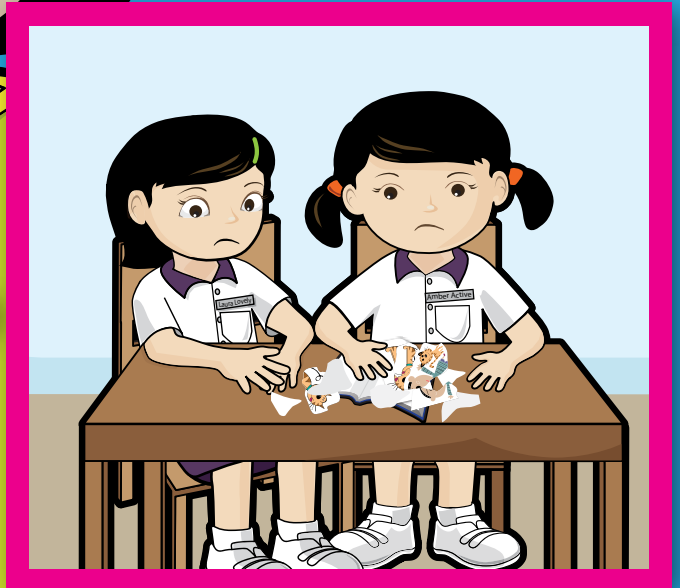
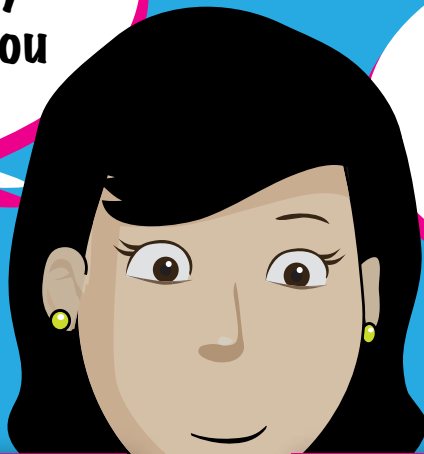
Scared



What makes you feel angry?

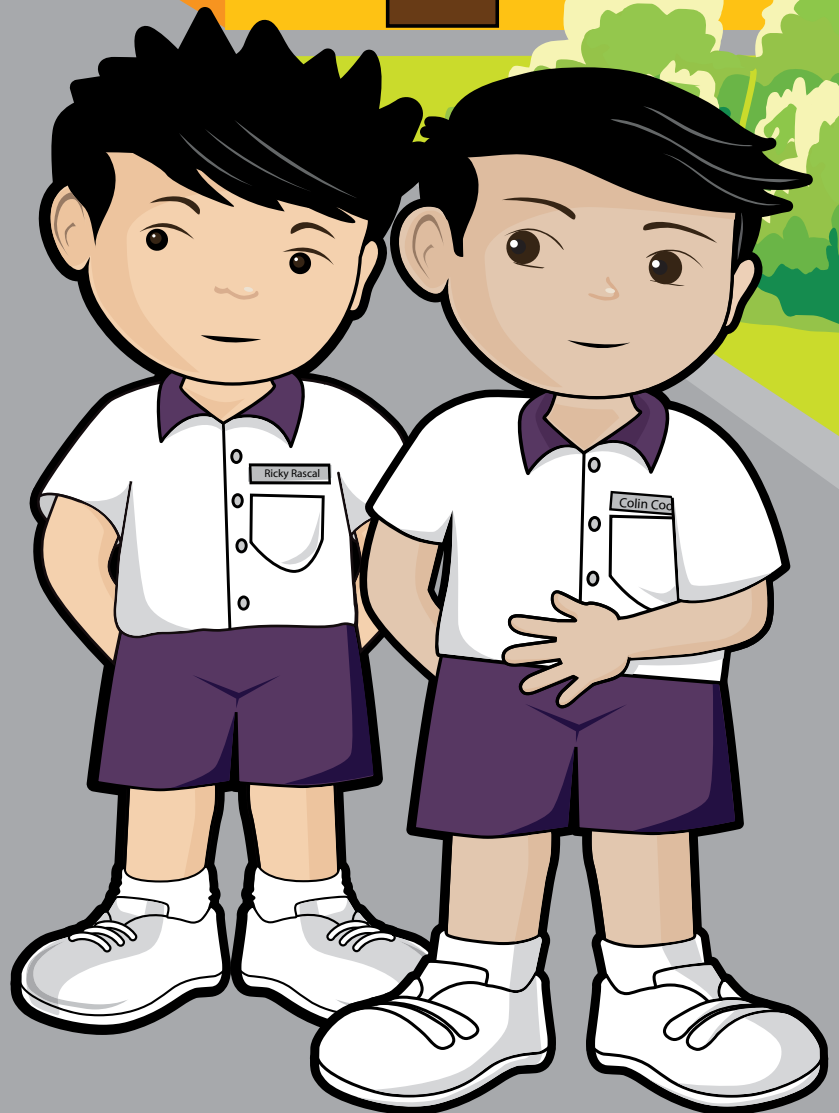
**There's a difference between how you feel and how you behave. It's okay to feel angry, as long as you behave respectfully.**

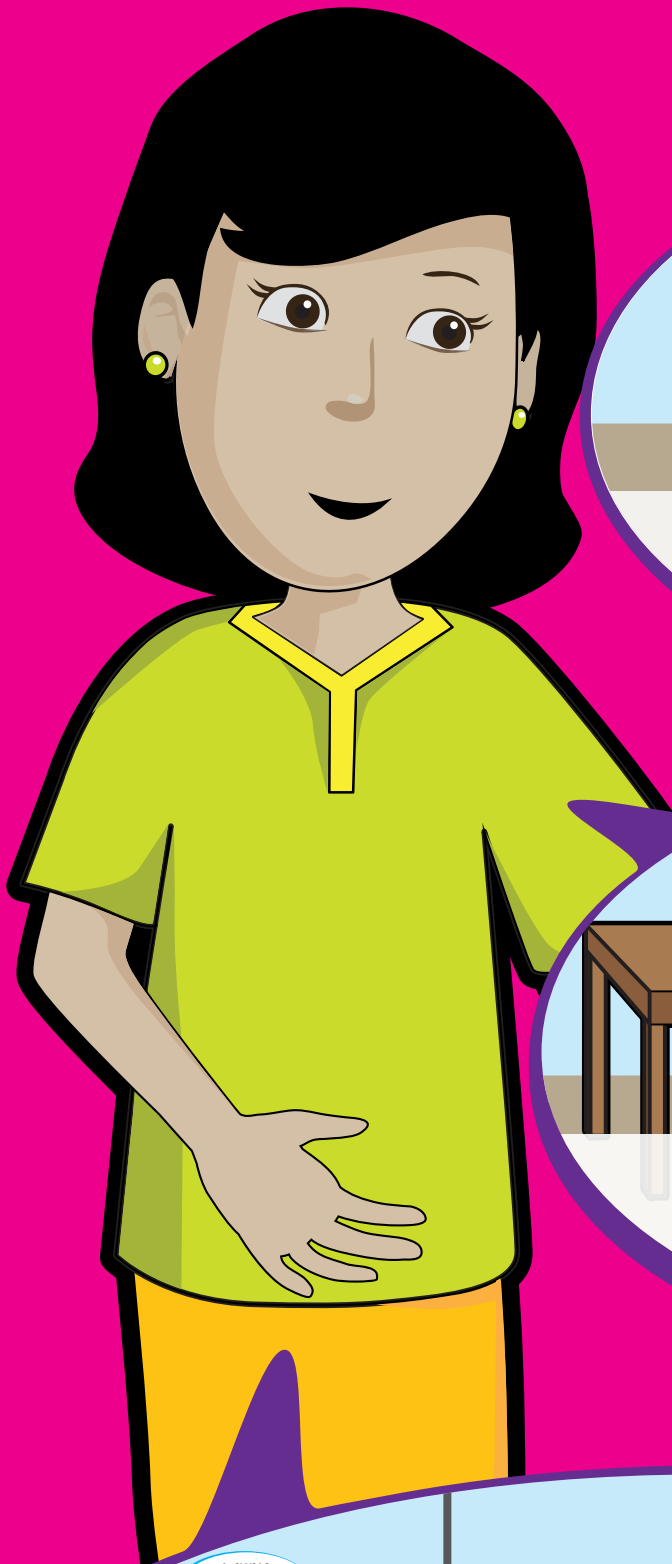
**If you don't treat others well, they may feel hurt. But when you are kind to others, they will feel happy.**



**Why are destroying things and name-calling bad ways of showing our angry feelings?**

**There are better ways to deal with our angry feelings. Next time you feel angry, try out these tips.**

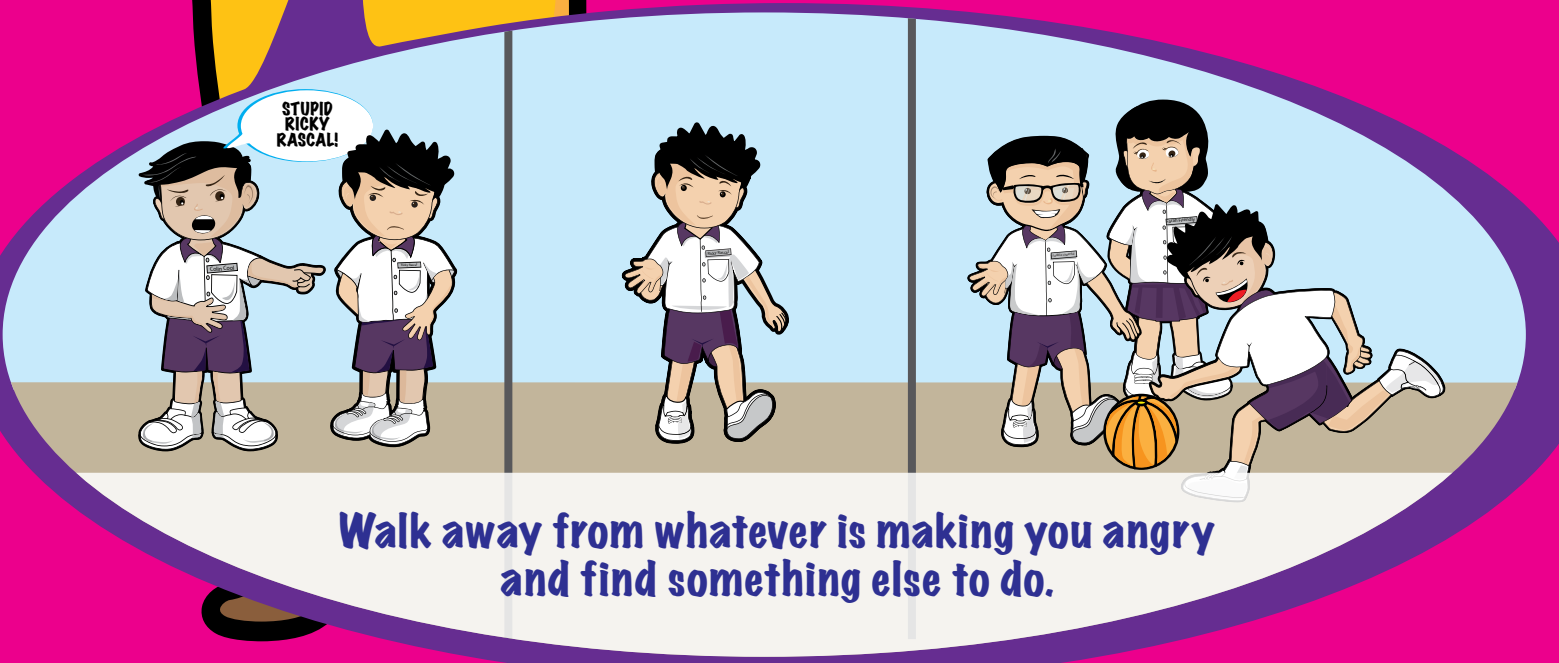




Take slow deep breaths until you calm down.

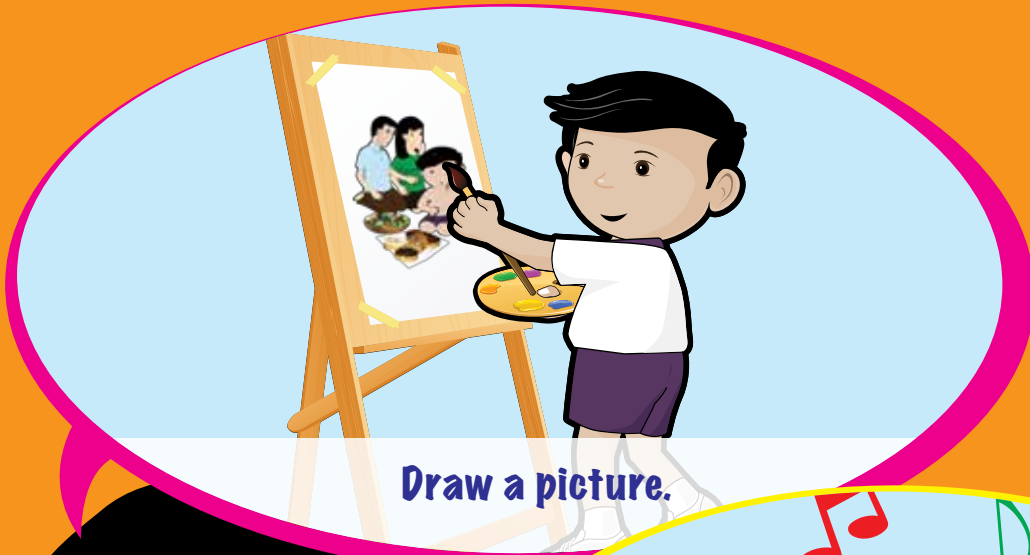


Close your eyes and think about something that makes you feel happy.

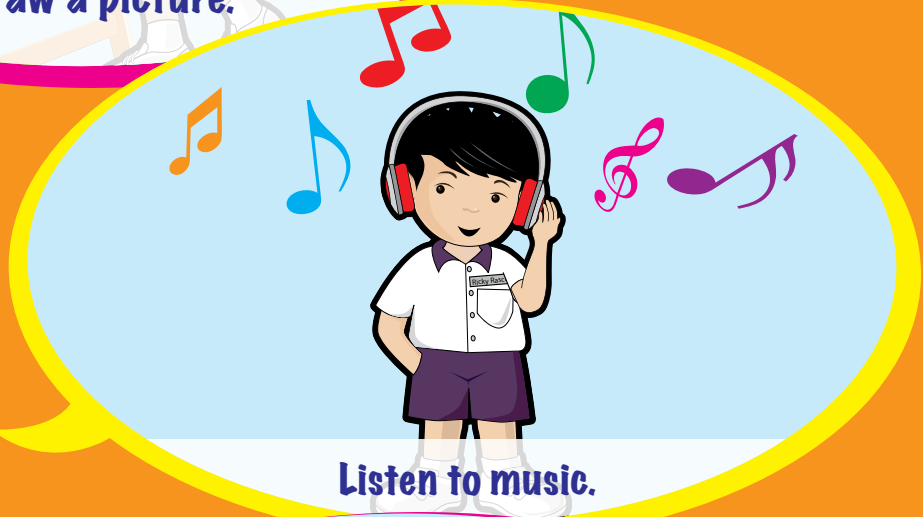


STUPID RICKY RASCAL!

Walk away from whatever is making you angry and find something else to do.



**Draw a picture.**



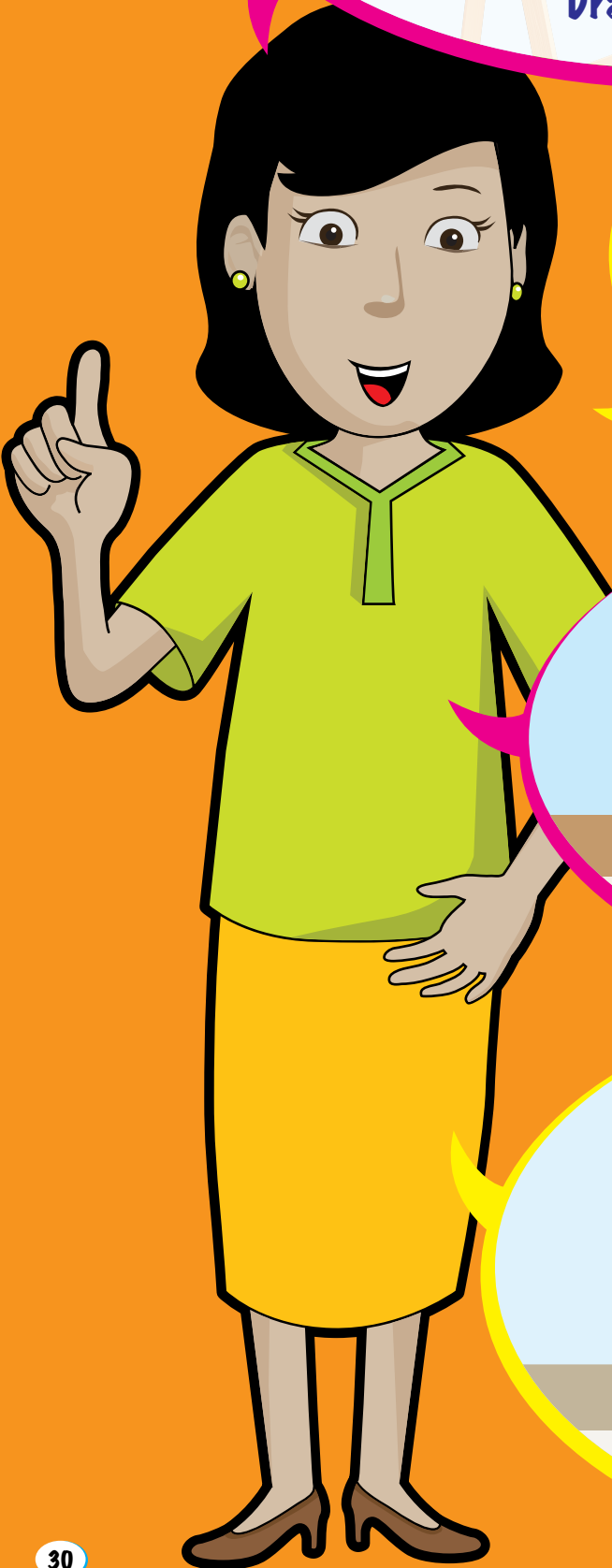
**Listen to music.**



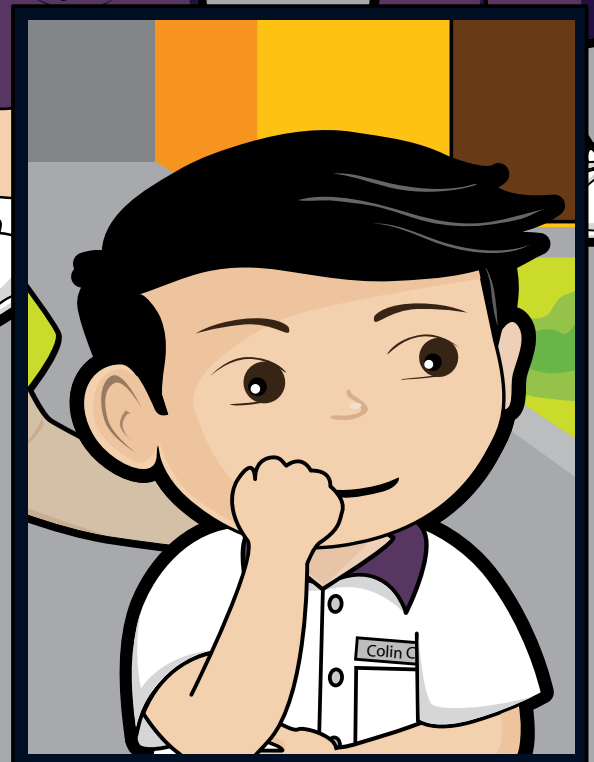
**Do a physical activity like skate or run.**



**Look for an adult who can help you.**



**Colin, instead of name-calling when you're angry, tell Ricky what made you feel bad.**





I am a  
VIP...  
A Very  
Important  
Person!



I don't like it when you throw my book. It makes me feel angry because my book is important to me.

And remember to apologise if you've hurt someone.



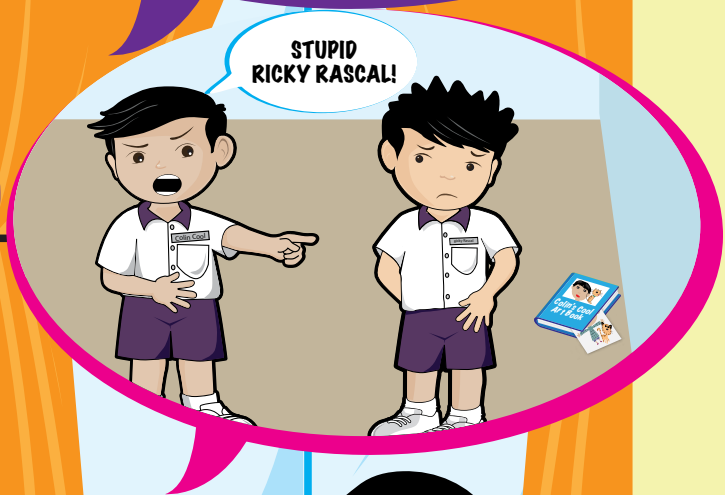
Sorry, Ricky!

Sorry, Colin!



The next time you feel angry, which of these tips will you try?

That night at dinner, Colin spoke to Daddy and Mummy about how he felt during the past two days.



What feelings did Colin experience in the past two days?



Can you think of other feelings we might have?

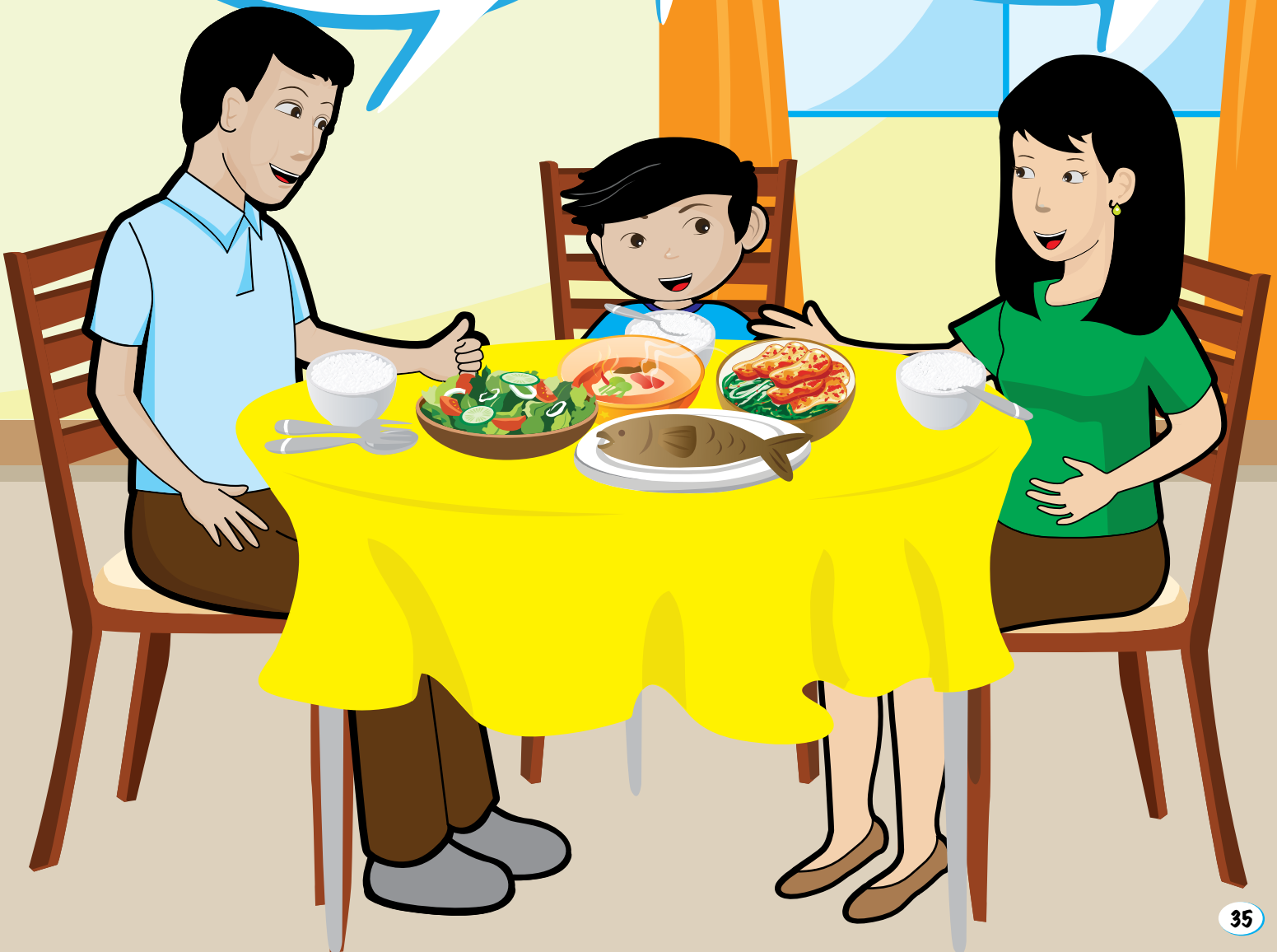


**How are you feeling tonight, Colin?**

**I'm not angry at Ricky anymore. But I miss Mew Mew.**

**I'm proud of you, for not being angry at Ricky anymore.**

**It's okay to feel sad about Mew Mew. She was an important part of our lives and we'll never forget her.**



Before going to bed, Daddy, Mummy and Colin made a scrapbook in memory of Colin's beloved cat, Mew Mew.



# Activity for students

## My Feelings Book

Help students get in touch with their feelings through drawing.

Have students put together a booklet with 5 sheets of paper.

Each page should have a different drawing.

1.

This is happy me doing something I like.

2.

Here is something I like about myself.

3.

This makes me feel angry.

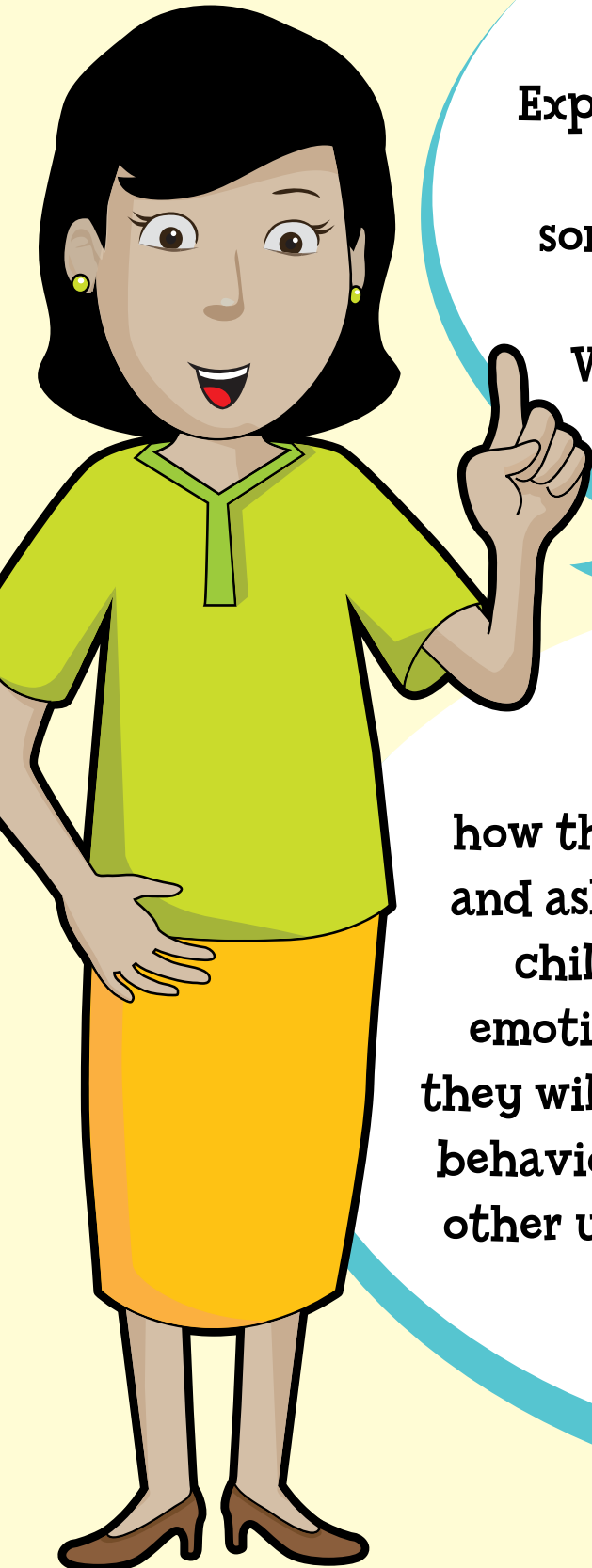
4.

This is something that makes me feel sad.

5.

This is a place where I feel safe.

# Tips for Teachers



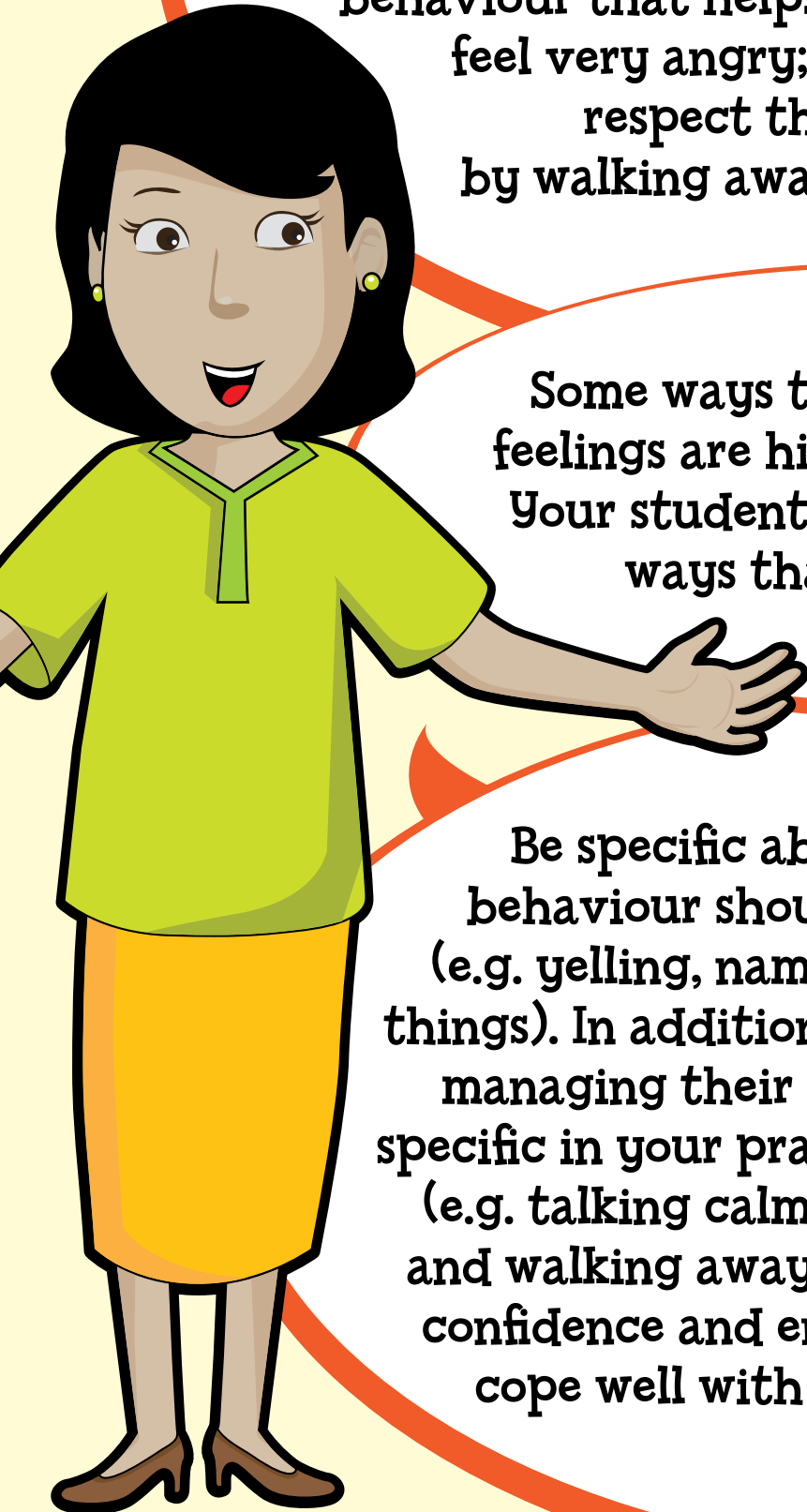
Some children think it's wrong or bad to feel sad or angry. Explain to students that while it's normal for everyone to feel sad or angry sometimes, there's a difference between how we feel and how we behave. What is important is how we behave in response to our feelings.

Encourage children to express how they feel when experiencing emotions, and ask them why they feel that way. Once children learn to be (1) aware of their emotions, and can (2) identify them, then they will be better equipped to learn positive behaviour to (3) manage sadness, anger, and other unpleasant emotions without hurting people or damaging things.

**Explain to children that positive behaviour for unpleasant feelings can have good consequences. For example, when I feel angry with someone, instead of hitting that person, I could walk away. This accomplishes two things: walking away is a positive behaviour that helps me (1) calm down when I feel very angry; and allows me to (2) respect the other person by walking away instead of hitting.**

**Some ways to manage unpleasant feelings are highlighted in this book. Your students might think of other ways that work for them.**

**Be specific about which negative behaviour should not be encouraged (e.g. yelling, name-calling, and throwing things). In addition, when you observe them managing their emotions positively, be specific in your praise for positive behaviour (e.g. talking calmly, taking deep breaths, and walking away). This would boost their confidence and encourage their efforts to cope well with unpleasant emotions.**





# Notes to Teachers

Here are some possible student responses in answer to the questions presented in the book.

## Page 3

How Colin feels: Colin is scared.

How he shows it:

He has a fearful expression on his face, and he doesn't move when the dog is running towards him. Sometimes when people are scared, they freeze up.

## Page 6

Based on the pictures, the things that make Colin happy include:

- Being with his grandmother
- Playing with friends
- Helping out at home
- Doing well in school
- Being with his cat, Mew Mew

## Page 8

How Colin feels, and why:

Colin is feeling sad because he misses his cat. He's recalling good memories of Mew Mew.

## Page 15

What Colin did to feel better:

He drew a picture of his cat.

## Page 17

What students might do when they feel sad:

Cry, show a "sad face," want to be by myself, want to be with Mummy (or someone I'm close to).

## Page 24

How Colin and Ricky show their anger:

Ricky threw Colin's book to the floor, and Colin called Ricky "stupid".

## Page 27

Why are name-calling and destroying property bad ways of showing anger:

- Name-calling hurts other people's feelings and this could lead to other children not wanting to play with the name-caller anymore.
- Destroying property means the damaged property can't be used anymore.

## Page 28

Other angry actions that could be hurtful to myself or others:

Hitting other people, breaking things, yelling, saying mean things to other people, biting myself, hitting my head against the wall.

## Pages 29 - 32

The positive actions listed can be combined and used simultaneously to help deal with angry feelings. Encourage your students to try them out.

## Page 33

In the past two days, Colin felt:

- Happy playing with his friends
- Scared when a big dog ran towards him
- Sad when his cat died
- Angry when Ricky threw his book to the floor

## Page 34

Other feelings people could have that are illustrated by Colin on this page:

- Excited
- Surprised
- Worried
- Embarrassed
- Curious

Other general feelings people could have:

Positive feelings:

loving, thankful, curious, interested, hopeful, optimistic, appreciated, enthusiastic, excited, strong, determined

Negative feelings:

anxious, nervous, worried, concerned, irritated, frustrated, upset, guilty, ashamed

Use the opportunity to emphasize to students that having negative feelings is not bad; we need to learn to deal with them positively and this is what's important.