

# Saying What I Think with Respect

I am learning about respect and feelings. All children have feelings. Adults often teach children to talk about their feelings. Learning to tell others how I feel is an important skill. Learning how to talk about feelings with respect is the next step.

Usually, when children are happy and comfortable, it is easier for them to talk with respect. This may be true for me, too. When I am happy, it may be easy for me to talk with my calm voice and cooperative words. At the same time, I am talking with respect, too.

Sometimes, children feel frustrated or angry. When this happens, it is more difficult for them to talk with respect. It's important to share these feelings. It's also important, though, to try to use a calm tone of voice and cooperative words. This takes practice.

I have My Team. My mom, dad, and teacher are on My Team. If I am angry or frustrated, My Team will help me to talk about my feelings with respect.

As I grow, there will be times when I feel angry or frustrated. Practicing with My Team will help me to feel anger—and show respect to others at the same time. ■

