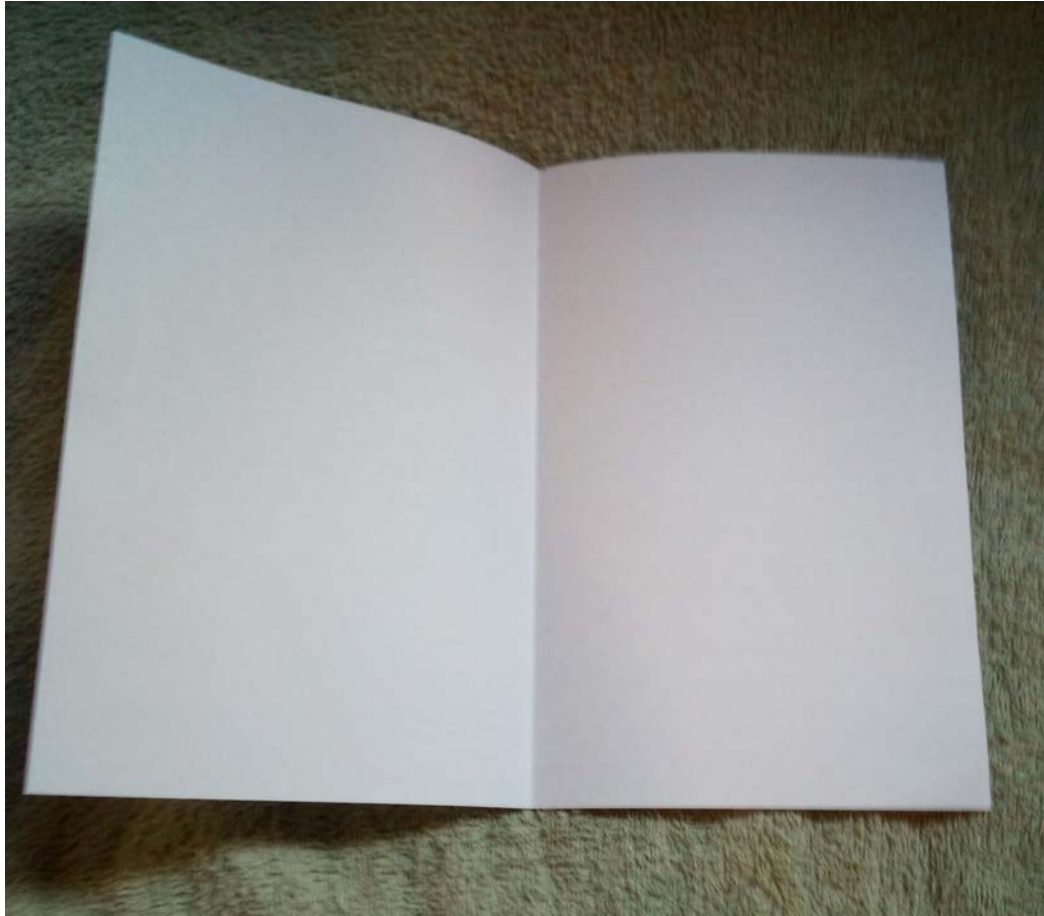


Recognizing a Situation Identifying Feelings Resolution

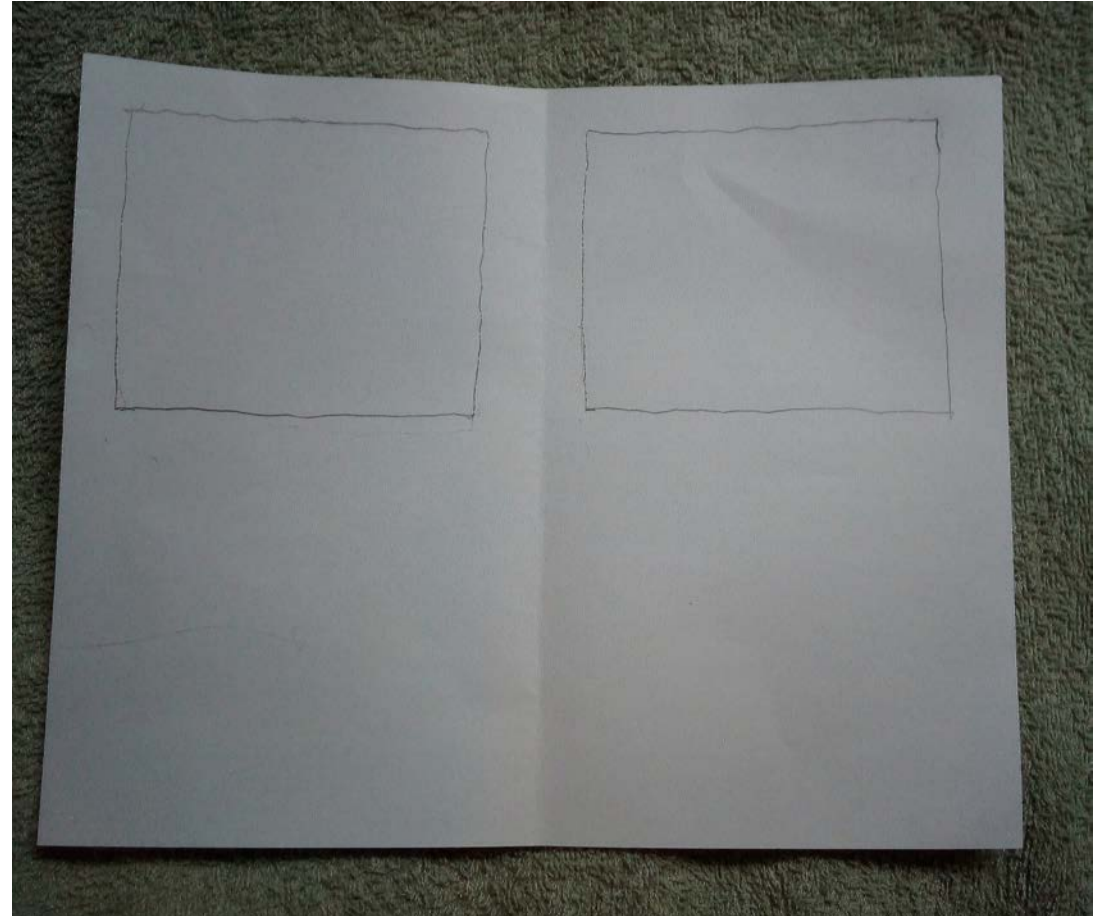
A Thank You Card
By Carmela Castrejón

Scenario

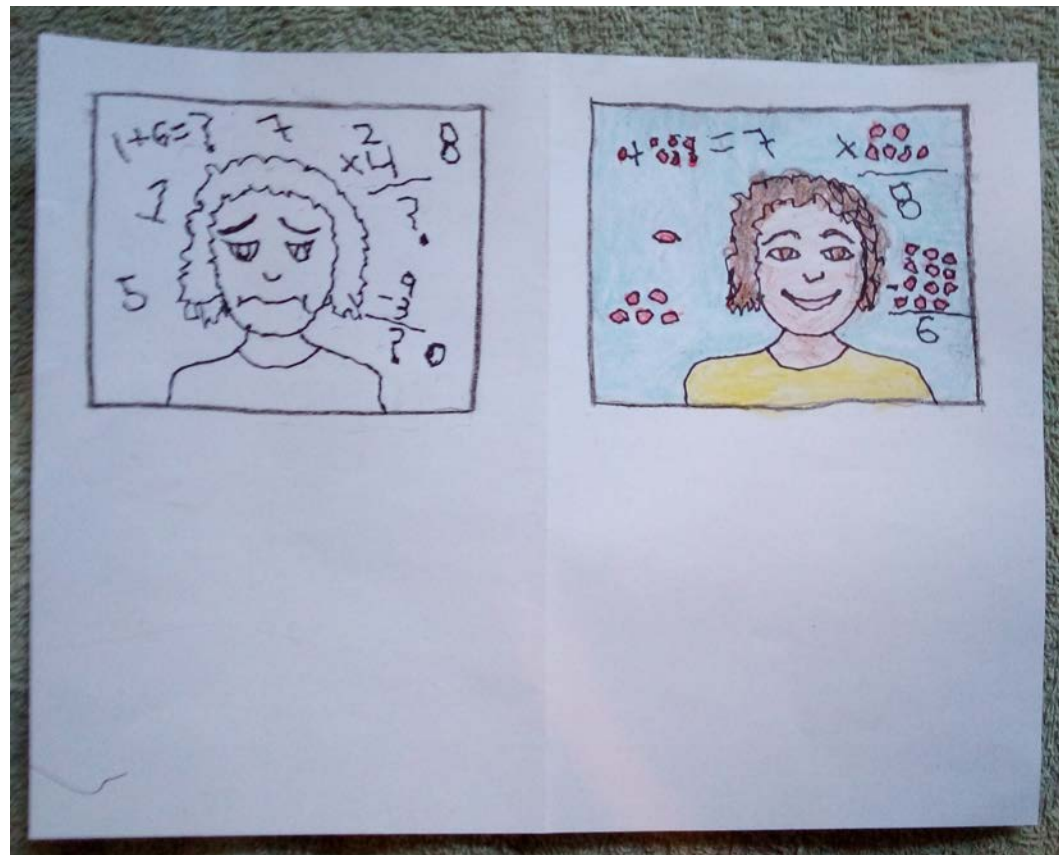
Math made me feel so nervous, frustrated and a bit afraid, my stomach would feel funny! One afternoon I was doing my homework, dad came over and sat with me. He had a handful of beans. Using them he helped me see and understand numbers, how to add, subtract, multiply and divide them. I felt so happy, and relieved, no more funny stomach! Since then I love math and beans.



Fold paper in half



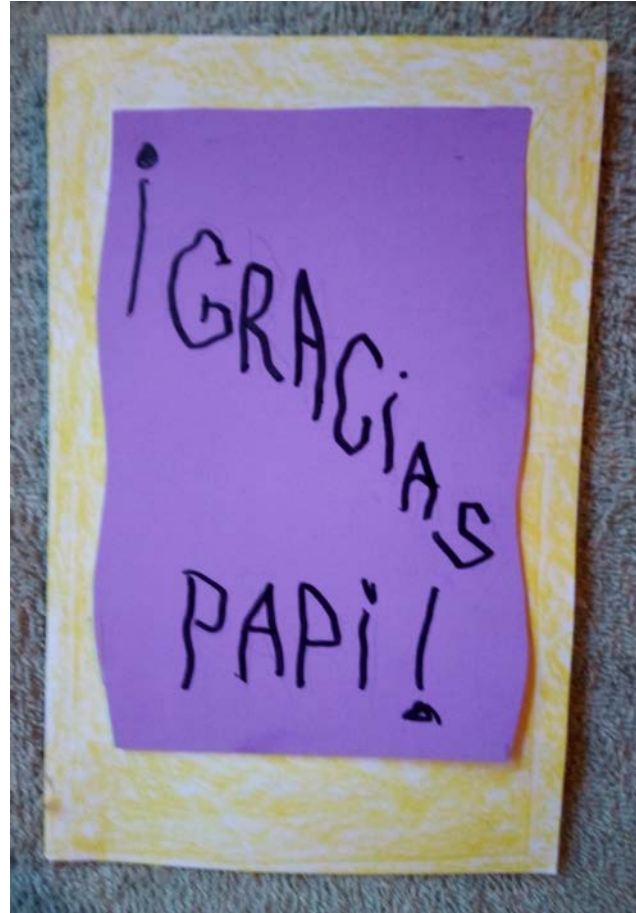
Draw frames about half way down the page



Draw the moment you were faced with the challenging situation, and the moment you resolved it. Pay attention to facial expressions reflecting moment. Using a black sharpie, or crayon, retrace your pencil marks. Color both cells.



You can write your story free hand, cut out and paste lined paper, or use your printer. Page on the left is the challenge, on the right the resolution. Writing should express our feelings in both situations. You may further color and decorate pages.



Fold back up. Cut and glue a cover. Address it to your subject. Continue decorating cover.

- This card activity can be modified to meet a number of academic and socio-emotional lessons, adapt as you need.