

**"Mom, look at this!" said Melvin.**

"That's a good book! I'm glad you're reading it," Melvin's mom said.

**"No, look!" said Melvin even louder. His mom looked.**

"Oh, it looks like Casey scribbled in it. You know, Melvin, she is very young. She doesn't know better."

But this was his favorite book! Melvin could feel his face getting hot. He didn't know what to say or what to do, but he knew he was about to do something....

**Whoosh!** He threw the book. It knocked over a flowerpot. Flowers, dirt and water spilled all over the floor.



What do you think will happen next?

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Zebra, the family's cat, heard the noise and ran out of the room faster than you could say **"Boo!"**

Melvin's mom looked at him. She was not smiling.

Then, without a word, she left the room.

**"Mom," Melvin called. "What are you doing?"**

There was no answer.

Maybe she was going to wake up Casey—and punish her, Melvin thought. Yes! That's what he wanted!



What do you think will happen next?

4

Melvin went and peeked into the hallway.

He saw his mom walk into the bathroom.  
**And then she came right out!**

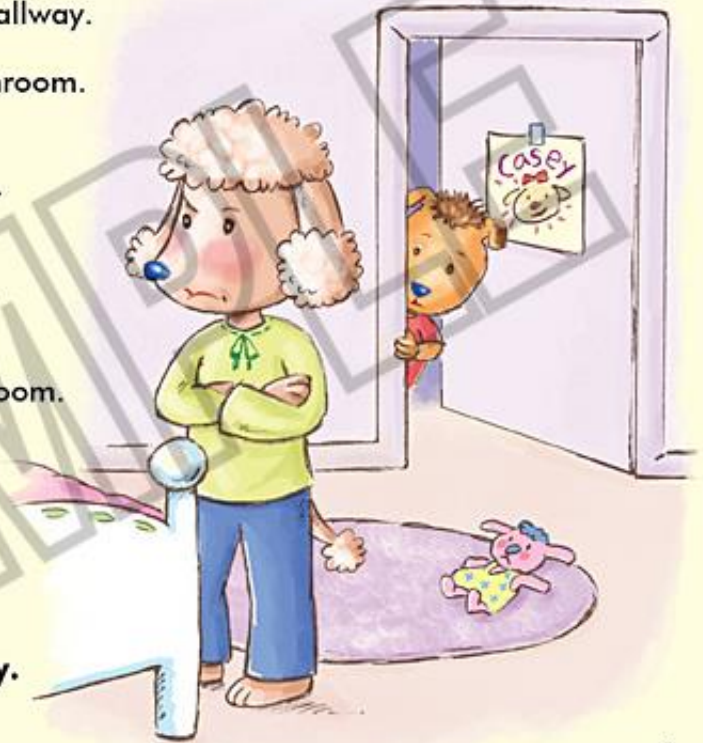
Then she walked into her bedroom.  
**And then she came right out!**

Then she walked into his bedroom.  
**And then she came right out!**

Then she walked into Casey's bedroom.  
**But she did not come right out.**

He tiptoed to the doorway and peeked inside. He hoped his mom would tell Casey never to write in his book again!

**But his mom did not wake Casey.**

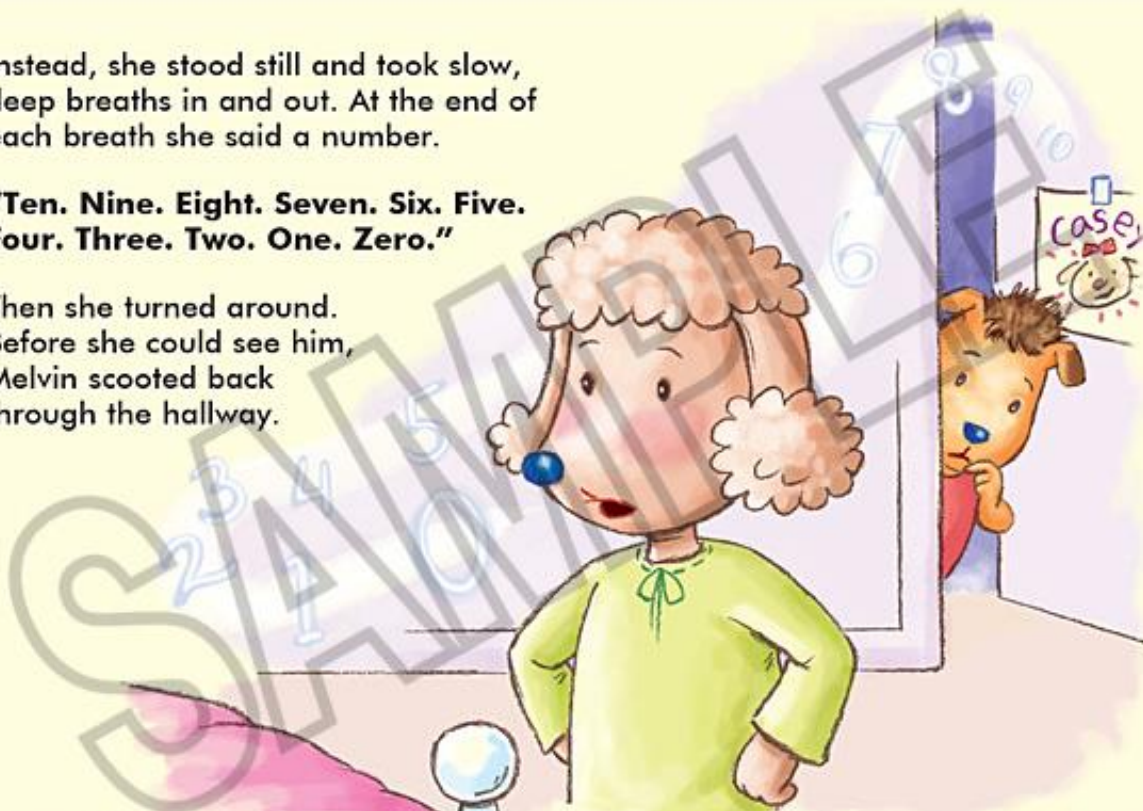


5

Instead, she stood still and took slow, deep breaths in and out. At the end of each breath she said a number.

**"Ten. Nine. Eight. Seven. Six. Five. Four. Three. Two. One. Zero."**

Then she turned around. Before she could see him, Melvin scooted back through the hallway.



6



"Here I am," said Melvin's mom, walking back into the room. She sat down. "Come sit on my lap, Melvin."

**"No," said Melvin. "Tell Casey not to draw in my books."**

"Casey is sleeping. I just wanted a minute or two to calm down," said Melvin's mom.

**"Why?" Melvin asked.**

"Well, I was feeling angry about the flowers. How did you feel when you saw the scribbles in your book?"

**"I don't know," said Melvin. He did not want to talk about his feelings.**



After Melvin threw the book, why did his mom leave the room?

"It's OK to feel mad, Melvin. Everyone does sometimes, including me."

**"You do?" said Melvin.**

"Of course! And do you know how I know I am mad?" Melvin's mom said.

**"How?"**

"Come touch my face," Melvin's mom said.

**Melvin put his hand on his mom's cheek. "It's a little warm."**

"Yes, and a few minutes ago it felt hot," said Melvin's mom. "Does your face feel hot when you are mad?"

**"Maybe," said Melvin.**





His mom smiled. "Do you know how else I can tell I am getting mad?"

She patted her chest and said, "Th-THUMP, th-THUMP, th-THUMP."

**"Your heart feels hot?" Melvin asked.**

Melvin's mom laughed. "Almost! My heart pounds harder when I feel angry. Does yours?"

**"Maybe," said Melvin.**

"See—that's 2 ways your body tells you that you're getting mad. Then you can stop before you do something you shouldn't, like throw a book."



How does your body tell you that you are getting mad?

9

**"Are you still mad?" said Melvin.**

"No. I did some things to calm down. First, I went for a little walk. Do you know what else I did?"

**"You took some deep breaths," Melvin said.**

Melvin's mom looked surprised.

**"And you counted to ten backwards."**

"Melvin! How did you know that? Did you see me?" asked Melvin's mom.

**"I wanted you to tell Casey not to write in my books," Melvin said.**

Melvin and his mom did not know it, but Casey was watching them from the hallway.



**Deep breathing can help everyone calm down.**

Try this together:

- Take a slow, deep breath through your nose.
- Hold for about 4 seconds.
- Slowly breathe out through your mouth.
- Repeat 3-5 times. See how much calmer you feel!



"I am glad you are telling me what you want," said his mom.

**"You are?" said Melvin.**

"Yes. It's much better than throwing something or hurting someone. Let's practice something together."

**Melvin sat in his mom's lap.**

"Let's tell each other about our mad feelings," said Melvin's mom. "And let's always start with the word 'I.' I'll go first."

"I felt mad when you threw the book," said Melvin's mom. "Now you say, 'I felt mad when...'"

**"I felt mad when Casey drew in my book," said Melvin.**

"Good! Now, my turn again," said Melvin's mom.



11

"I felt mad because the book broke something I like," said Melvin's mom.

**"I felt mad because Casey drew in my favorite book," Melvin said.**

"Very good, Melvin. Now, I'll go again. I would feel better if you said you're sorry and helped me clean up the mess."

**"I would feel better if Casey said 'I'm sorry' and never drew in my books again."**

Melvin's mom nodded her head. "You're expressing your feelings very well, Melvin. Do you feel better now?"

**"I guess so," said Melvin.**



What starting word do Melvin and his mom use to explain their feelings?

12



"I do, too. When Casey wakes up, you can tell her your feelings and help her understand not to write in your books."

**"Can I wake her up now?" asked Melvin.**

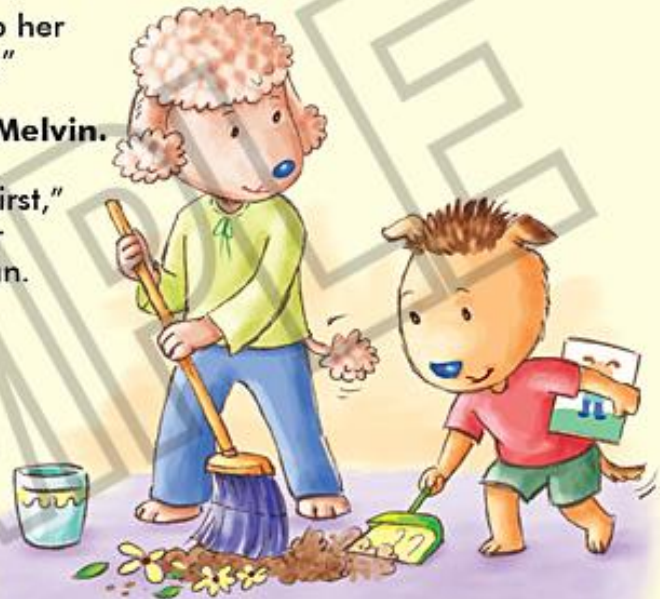
"No, we have a mess to take care of first," said his mom, opening the closet door and pointing to the broom and dustpan.

**"Oh," said Melvin. "I'll help."**

Melvin got the broom and dustpan for his mom and picked up the book he had thrown.

**"I'm sorry I threw the book," Melvin said.**

"Thank you, Melvin," said his mom. "Now, let's see if Casey is awake."



What do you think will happen next?

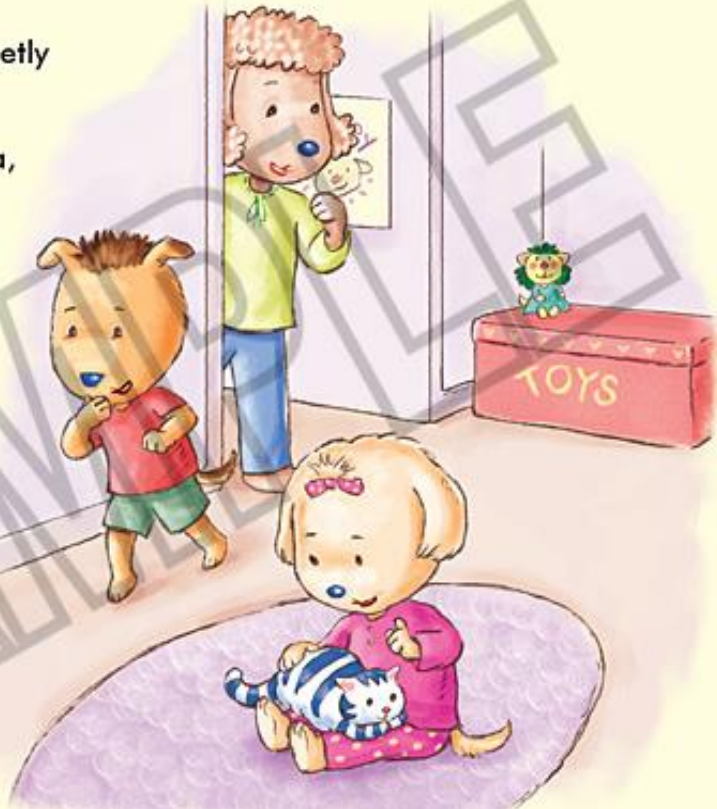
13

Melvin and his mom walked quietly to Casey's bedroom.

They saw Casey talking to Zebra, who was curled up in her lap.

**"I feel mad when you run away from me, Zebra," Casey was saying. "I would feel better if you said you are sorry, Zebra."**

Melvin and his mom started laughing.



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