

14. Flowers are Red – Harry Chapin

The little boy went first day of school
He got some crayons and started to draw
He put colors all over the paper
For colors was what he saw
And the teacher said.. What you doin' young man
I'm paintin' flowers he said
She said... It's not the time for art young man
And anyway flowers are green and red
There's a time for everything young man
And a way it should be done
You've got to show concern for everyone else
For you're not the only one

And she said...
Flowers are red young man
Green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen

But the little boy said...
There are so many colors in the rainbow
So many colors in the morning sun
So many colors in the flower and I see every one

Well the teacher said.. You're sassy
There's ways that things should be
And you'll paint flowers the way they are
So repeat after me.....

And she said...
Flowers are red young man
Green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen

But the little boy said...
There are so many colors in the rainbow
So many colors in the morning sun
So many colors in the flower and I see every one

The teacher put him in a corner
She said.. It's for your own good..
And you won't come out 'til you get it right
And all responding like you should
Well finally he got lonely

Frightened thoughts filled his head
And he went up to the teacher
And this is what he said.. and he said

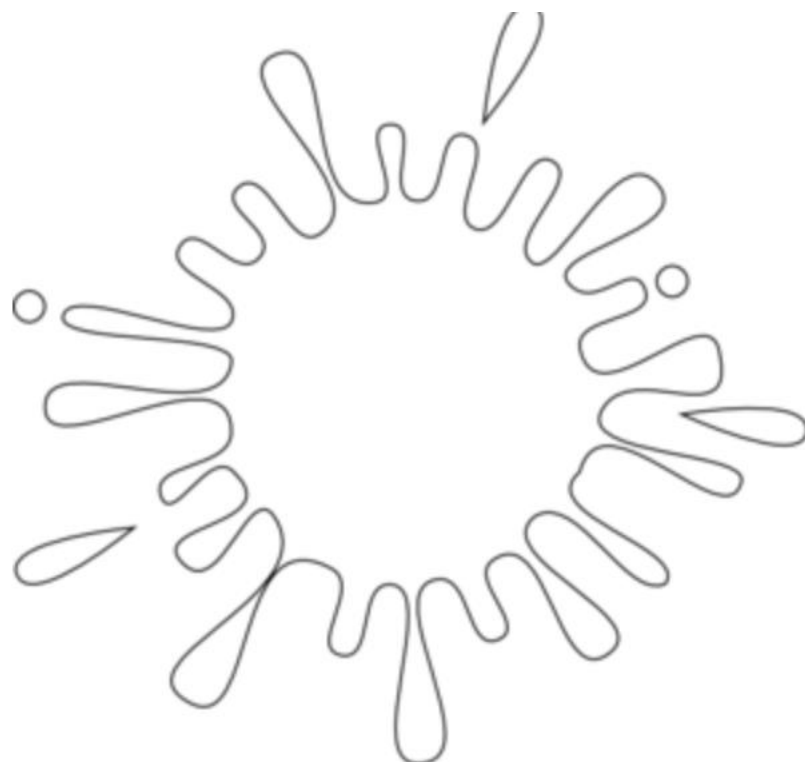
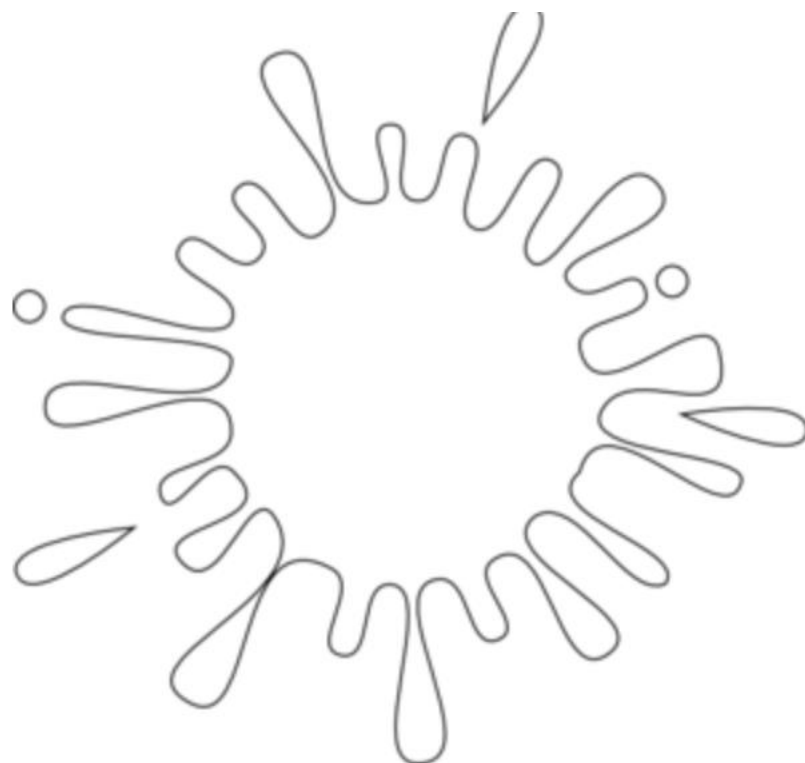
Flowers are red, green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen

Time went by like it always does
And they moved to another town
And the little boy went to another school
And this is what he found
The teacher there was smilin'
She said...Painting should be fun
And there are so many colors in a flower
So let's use every one

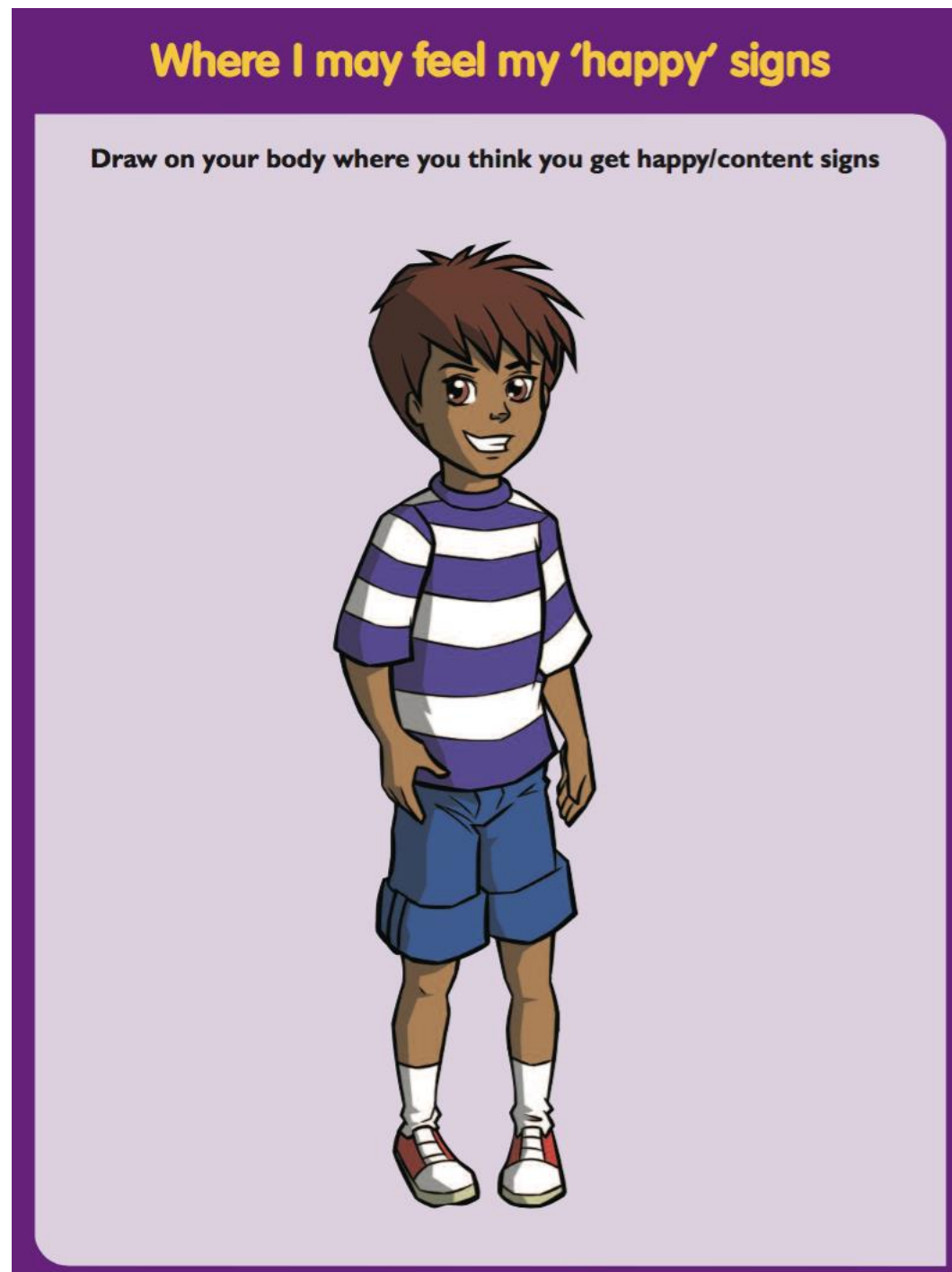
But that little boy painted flowers
In neat rows of green and red
And when the teacher asked him why
This is what he said.. and he said

Flowers are red, green leaves are green
There's no need to see flowers any other way
Than the way they always have been seen.

15. Working wall paint splodges



16. Where I feel



Where I may feel my 'sad/worried' signs

Draw on your body where you think you get sad/worried signs



17. Big feelings discussion images





18. Four ideas for feeling better in a difficult situation

When my feelings become too big or difficult to manage, here are four things I can do to make myself feel better.

1

2

3

4

19. On The Sunny Side Of The Street

Grab your coat and get your hat
Leave your worries on the doorstep
Life can be so sweet
On the sunny side of the street

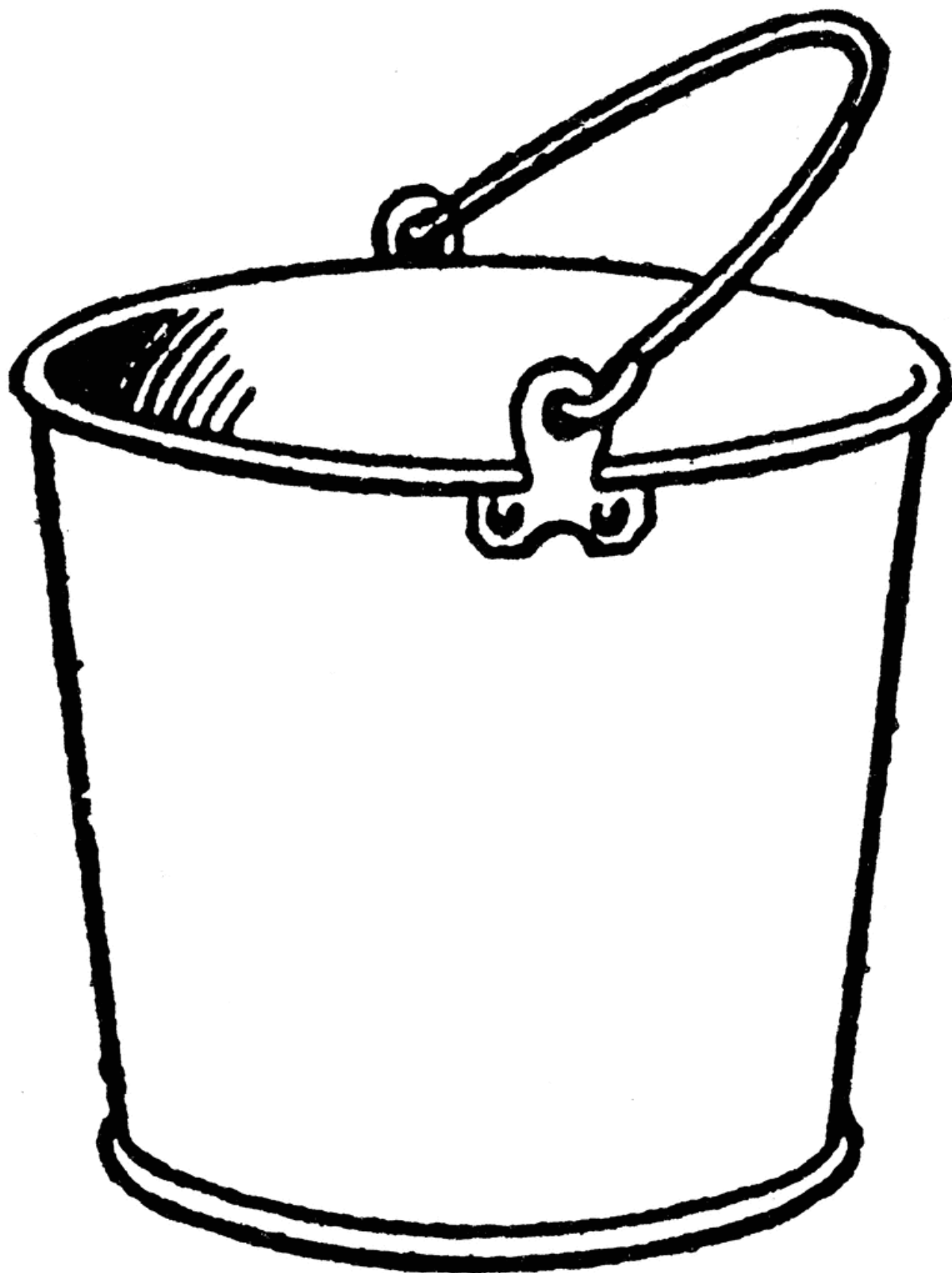
Can't you hear the pitter-pat
And that happy tune is your step
Life can be complete
On the sunny side of the street

I used to walk in the shade with my blues on parade
But I'm not afraid...
This rover's crossed over
If I never had a cent
I'd be rich as Rockefeller
Gold dust at my feet
On the sunny side of the street

I used to walk in the shade with them blues on parade
Now I'm not afraid...
This rover has crossed over
Now if I never made one cent I'll still be rich as Rockefeller
There will be gold dust at my feet
On the sunny
On the sunny, sunny side of the street

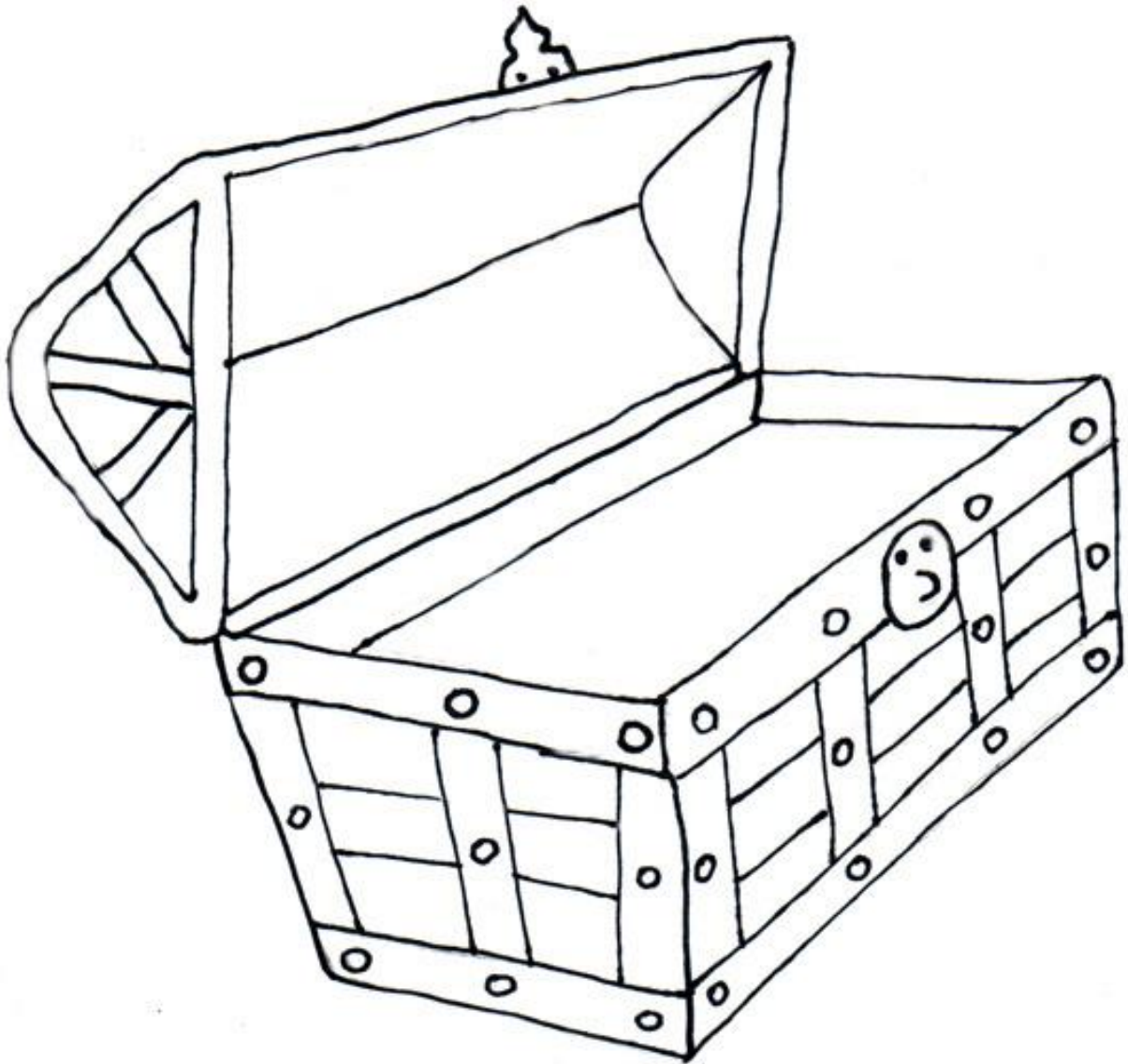
Songwriters: Mc Hugh, Jimmy / Fields, Dorothy

20. Bucket outline for working wall



21. Treasure chest

Colour in the treasure and the treasure chest, and place in your own coping techniques you have used as treasure!



22. Coping strategies

Which of these coping strategies have you used? Cut out the ones you have used and place them in your treasure chest over the page.



Use up some extra energy, like playing football.



Pretend you are alone somewhere, like on holiday or in your bedroom



Clench and relax muscles in your body, starting from your head and working down to your toes



Just try to stay calm and cool



Use the turtle technique. Imagine you have a shield that can protect you from anything.



Try counting. If 10 is not enough, try counting in your head to 20 or even 30 if you need to.



Try to relax. Sit down, close your eyes, take a deep breath in and let it out slowly.

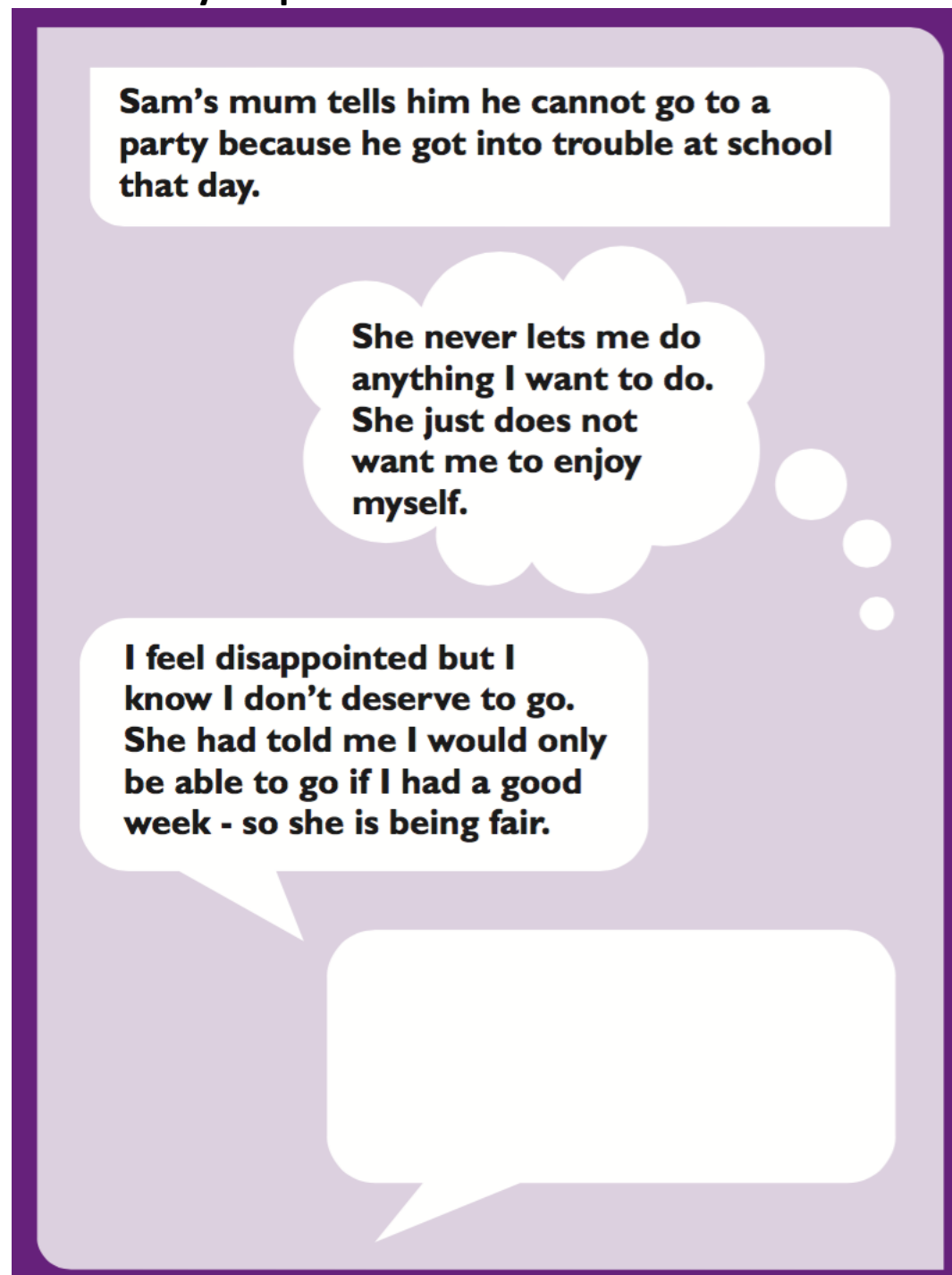


Play some music and dance around



Try reading a book

23. Healthy responses



Jaz's friend does not let her sit by her at lunch.

She is horrible and mean. I feel upset and lonely.

I will go and talk to her, tell her how I feel and that I like sitting by her but understand she will want to sit by the others as well.



I didn't get picked to play in the football/netball team

I never get picked, it's not fair. I feel like a failure.

I need to improve my skills. I'll ask the teacher how I need to improve.