Sometimes I Feel Annoyed
I'm a great kid! I love playing with my friends at school.
Sometimes I feel annoyed, though. Do you know what annoyed means?
Annoyed means a little angry. We might also say bothered or irritated.
I might feel annoyed when I want to work quietly, but people are talking around me.
I might feel annoyed when someone asks me to share my toy before I'm ready.
I might feel annoyed when someone is playing very close to me or touching me when I want space.
I have tools to use when I feel annoyed.
I can stop, tuck into my shell, and take three deep breaths like Tucker Turtle.
I can say,

"I don't like that. Please stop."
I can ask my teacher for help.
I can take a break.
I can use my Ignore Shield.
When I put up my shield, my friends know to give me space.
I will also respect my friends and give them space if they are feeling annoyed by me.
Everyone feels annoyed and needs a break sometimes. By using our tools, we can all make safe and kind choices, even when we feel annoyed.
THE END
Ignoring Shield pattern: Manilla folders make great shields. Allow children to decorate their shields. Use a strip of the folder scraps to make a handle. Attach the handle to the shield with staples, glue, or tape.