

Sometimes I Feel Annoyed



Rachael Moshman, M.Ed.
Early Childhood Mental Health Consultant
Tykes & Teens, Inc.
May 2023
Created using photos from Canva



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.



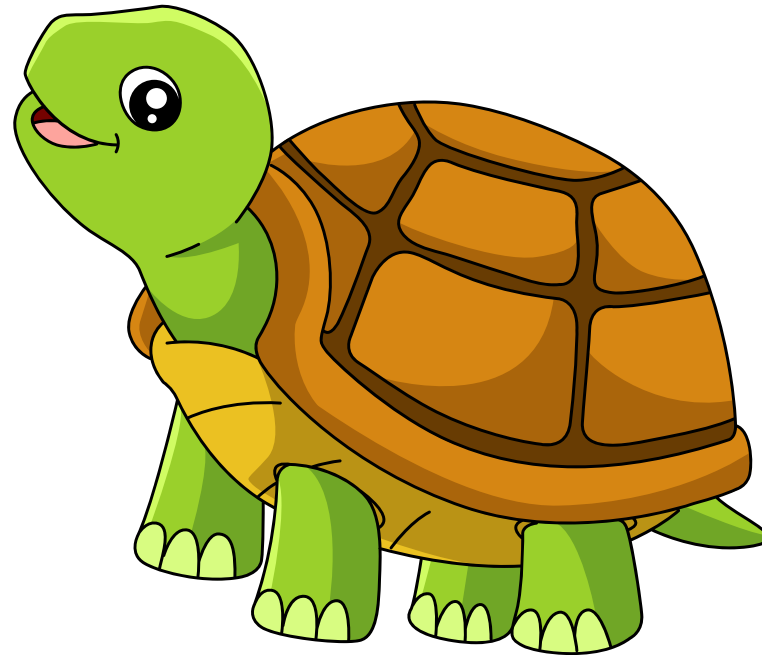
I might feel annoyed when someone is playing very close to me or touching me when I want space.



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 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.

