

**BE RESPONSIBLE** The following communication activity will help students take responsibility for telling people what they are feeling so they do not accidentally offend others.

● **RESPONSIBLE Activity I**  
*Oops, That Came Out Wrong*

**PRACTICE**

*Catching yourself when crankiness makes you bossy*

“Sometimes cranky feelings can cause us to act bossy. Most friends don’t like to be bossed around so we are going to practice saying something apologetic the moment we realize we’ve been bossy.”

Have Cat act bossy toward a volunteer: “Go over there and get me that pencil.” Then say, “Oops, that came out wrong.” Model helpful things to say after being bossy, such as:

“Sorry that was bossy.”

“Sometimes I can be bossy when I’m cranky. Thanks for being patient.”

“I am in a cranky mood.  
Sorry that came out bossy.”

“I can get bossy when I feel cranky. Sorry.”

Ask the student you were bossy to, “Did it make a difference that Cat apologized for acting bossy? What difference would it make if your friends apologized to you when they were bossy?”

“Now let’s practice how we would apologize if our bad mood got the best of us.” Divide the class into pairs standing opposite each other. Label partners A and B. Have A “boss” B but then quickly say or do something to make things right. Reverse roles so both students can experience each communication role. Then ask groups to perform their show so classmates can hear a variety of polite ways to recover from being bossy.

“How do you get yourself out of cranky moods?” (take a walk, listen to music, play with my dog, draw, take a nap, eat healthy foods) Write responses on the board to give students a chance to learn from their peers.

For students with social-emotional challenges, refer to **Enhancement Strategy #9** (page 63). Talk with the student and decide what calming strategies he thinks will help him to get into a better mood. Make a simple card listing them. When the student shows signs of crankiness, prompt him to use the card.

**BE RESILIENT** The following communication activity will help students be resilient and not take on someone else’s cranky mood.

● **RESILIENT Activity I**  
*Kimochis™ Ripple Game*

**PRACTICE**

*Monitoring and regulating your mood  
Staying aware of others’ moods  
Choosing to not let another’s bad mood negatively influence you*

“Everyone feels cranky, but it’s important to learn to manage your cranky feelings so they don’t hurt others or become contagious.”

Stand in a circle and announce that this is a no talking game. Explain that you will be sending a cranky facial expression and noise to the person on your left, who is to turn to the person on her left and pass on a facial expression and noise in reaction to the one she received. Students are to pass the expression and noise all the way around the circle. After the communication ripple goes around the circle, have students raise their hand if they wanted to pass on a cranky face and voice because that’s what they were shown. Then ask,

“How did the person next to you affect the message you sent?”  
(Crankiness can be contagious!)