

**Cowden-Herrick Schools**

**Cool Tools**  
**Suggestions for teaching or role-playing**  
**Target Area for the Week**

**Alternatives to Physical and Verbal Aggression**

- Monday: Sometimes people say things that are not appropriate. If that happens to you, be a bigger person than the person that said something. It takes a bigger person to ignore inappropriate negative comments.
- Tuesday: Think for yourself. Don't let what someone else says determine how you act, or what you say. Be strong.
- Wednesday: Choose positive people to be around. Don't hang around someone that is going to "bring you down."
- Thursday: Stick with winners. Winners don't say and do things that make people feel bad, or hurt people. Be a "Hornet"! Be someone that people want to be around.
- Friday: Attitude is everything. People judge you not only by what you say, but how you say it. The tone of your voice makes a huge difference of how people perceive you.