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Publishers

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“Grizzly Bear Grump” by Stephanie Leavell

Hey, oooh

Hey, oooh

I’m a grizzly bear grump

I feel really mad

And when I feel bad

I make sure to move my body

I can stomp my feet

STOMP STOMP

Squeeze my arms

SQUEEZE SQUEEZE

Twist my shoulders

TWIST TWIST

Stretch up and say GRRR

I’m a grizzly bear grump

I feel really mad

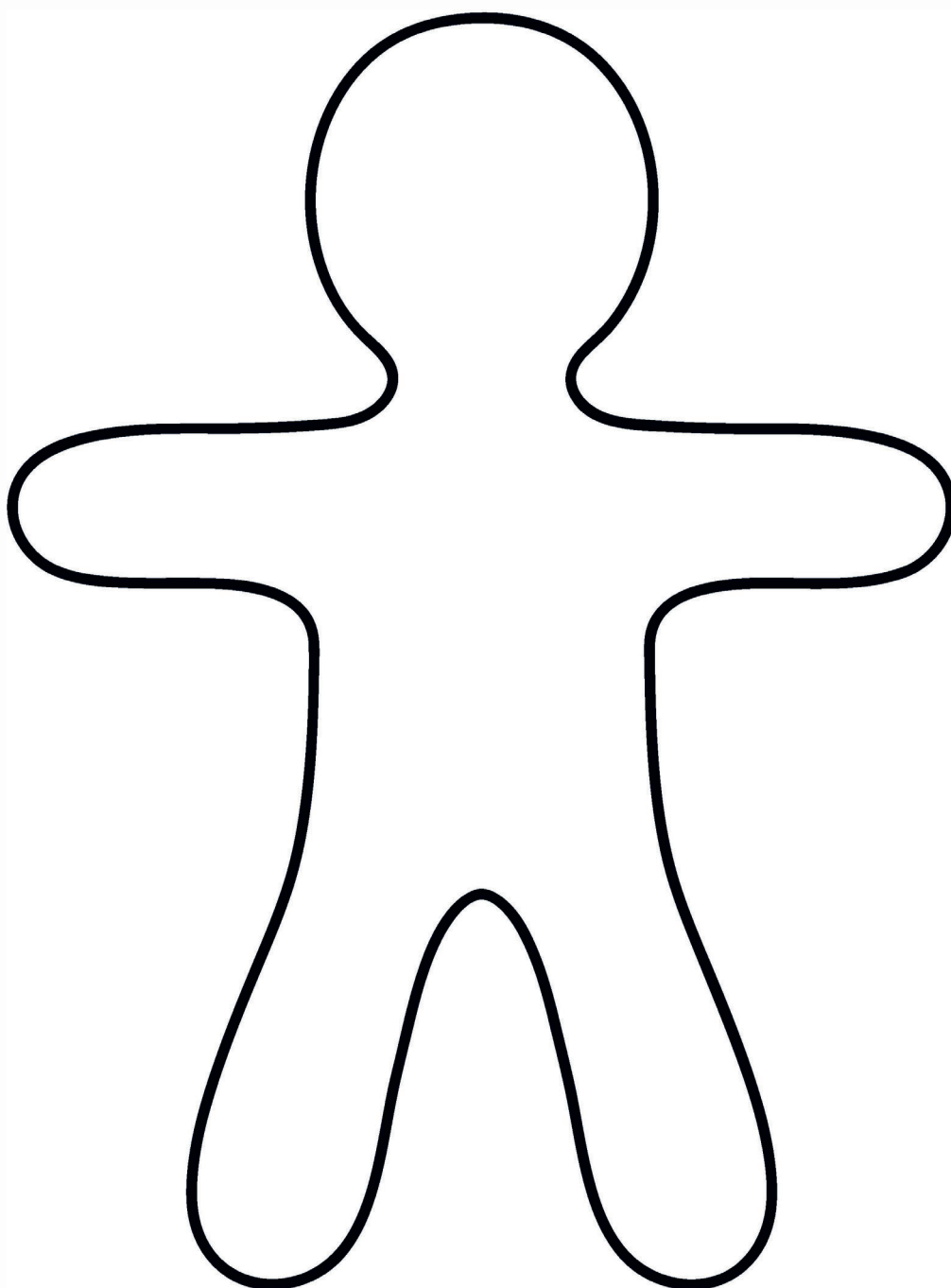
And when I feel bad

I make sure to move my body

Hey, I’m starting to feel better

Hey, I’m starting to feel better

Oooh



DEAR MAN Song

By Deborah Spiegel MT-BC copyright 2010

*DEAR MAN DEAR MAN to ask for what you want,
use DEAR MAN DEAR MAN to ask for what you want.*

*D- Describe the current situation (x3)
When you ask for what you want.*

*Let's sum it all up now,
D-
Describe the current situation
Dear man Dear man to ask for what you want.*

*E- Express your feelings and opinions (x3)
When you ask for what you want*

*Let's sum it all up now,
D and E
D- Describe the current situation
E- Express your feelings and opinions
Dear man Dear man to ask for what you want.*

*A- Assert by asking or say no (x3)
When you ask for what you want*

*Let's sum it all up now,
D- E and A
D- Describe the current situation
E- Express your feelings and opinions
A- Assert by asking or say no
Dear man Dear man to ask for what you want.*

*R- Reinforce the person you are asking (x3)
When you ask for what you want*

*Let's sum it all up now,
D- E -A and R
D- Describe the current situation*

E- Express your feelings and opinions
A- Assert by asking or say no
R- Reinforce the person you are asking
Dear man Dear man to ask for what you want.

M- Be mindful, stay focused on your goal (x3)
When you ask for what you want

Let's sum it all up now,
D- E -A-R-M
D- Describe the current situation
E- Express your feelings and opinions
A- Assert by asking or say no
R- Reinforce the person you are asking
M- Be mindful, stay focused on your goal
Dear man Dear man to ask for what you want.

A- Appear like you feel confident (x3)
When you ask for what you want

Let's sum it all up now,
D- E -A-R-M and A
D- Describe the current situation
E- Express your feelings and opinions
A- Assert by asking or say no
R- Reinforce the person you are asking
M- Be mindful, stay focused on your goal
A- Appear like you feel confident
Dear man Dear man to ask for what you want.

N- Negotiate for other options (x3)
When you ask for what you want

Let's sum it all up now,
D- E -A-R-M -A-N
D- Describe the current situation
E- Express your feelings and opinions
A- Assert by asking or say no
R- Reinforce the person you are asking

M- Be mindful, stay focused on your goal
A- Appear like you feel confident
N- Negotiate for other options
Dear man Dear man to ask for what you want.

Again (can repeat the last summary)

See lyrics for sharing with students:

D- Describe the current situation
E- Express your feelings and opinions
A- Assert by asking or say no
R- Reinforce the person you are asking
M- Be mindful, stay focused on your goal
A- Appear like you feel confident
N- Negotiate for other options

FAST Friends Game Cards

You and a classmate are playing a game and won't give you a turn.	Your mom asks if you made your bed before school and you say "yes," but you really didn't.	You share your cookies with a friend at lunch.	Dad asks if you cleaned your room and you honestly tell him, "no sir, not yet."
A student in your class tells you, "if you are really my friend, you'll go pull that girl's hair." But you don't do it.	As the class leaves the room to go to recess, you take something off the teacher's desk.	You need to ask mom a question and you say, "I'm sorry for interrupting but..."	You ask to see a friend's toy and they tell you no.
A friend asks to play with your toys and you tell them no.	You don't know the answer on a test so you look at another student's paper.	The girl sitting next to you asks you for an answer on a test and you show her your paper even though you know you shouldn't.	You go into your brother's room and take some money on his bedside table.
You broke a vase in the living room while playing around and go tell mom you did it and apologize to her.	You apologize to a friend for not wanting to steal something for them.	You tell mom the reason you are late getting home is because there were 50 dogs chasing you.	You tell your dad you can't take out the trash because it's too heavy.