

# For Poppy, the little girl whose smile lights up the room.



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Do you ever say or do things you  
later regret?

Are there times when you feel  
overwhelmed and out of control?

Do you sometimes completely

**lose your cool?**



I used to feel like this . . . a lot!

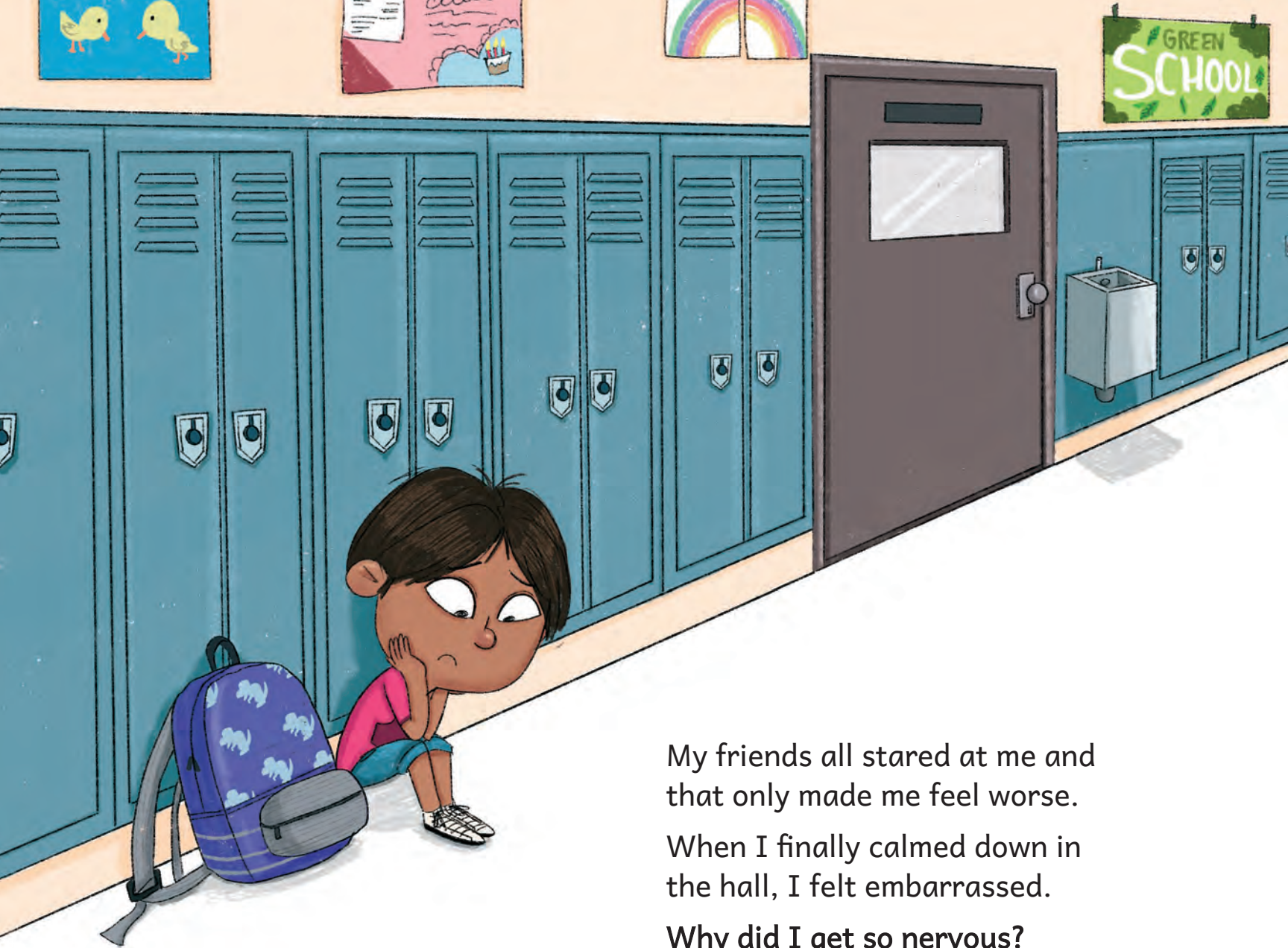
I would get scared or mad or sad,  
and it was like my whole body went  
bananas. I would yell and scream,  
and do things I felt bad about later.



One day at school I was in the middle of a test when I realized I didn't know any of the answers.

I felt all panicky inside and couldn't think straight. My hands and face began to sweat. I couldn't even hold on to my pencil because my hands were so slippery. Mrs. Jones noticed and asked me if I wanted to go out in the hall for a few minutes to calm down.





My friends all stared at me and  
that only made me feel worse.

When I finally calmed down in  
the hall, I felt embarrassed.

Why did I get so nervous?



A few days later, my little brother went into my room and broke my favorite model airplane—the one I’d spent weeks building! I was so angry at him! I slammed the door in his face and told him I never wanted to see him again! “Diego,” my mom said, “please open your door right now.”



My mom made me apologize to my brother and I got grounded. But it wasn't until the next morning that I actually felt bad for what I had done and said.

Why did I lose control with my brother?  
He didn't do that to me.

I started to feel like a bad brother.





The very next day, after my soccer team lost our game, I got upset with one of my teammates and screamed, “How did you miss that shot?” I stormed off the field and wouldn’t even high-five the other team’s players after the game.



“Diego!” my dad looked frustrated.

“Diego?” My coach looked disappointed.



But I didn't care. I was so mad! We shouldn't have lost that game!

My coach made me sit out the next game and my dad made me apologize to my coach and teammates, and especially Ben, who I yelled at for missing the shot.

*Why did I lose my temper over little things?* I wondered as I sat on the bench.

