

# Why Foot-Tripping is Not Safe



Once there was a student named Sam who loved playing with his friends during recess. Sam liked to run and have fun, but sometimes Sam thought it would be funny to foot-trip other students while they were running.



**One day, Sam tripped a student named Mia. Mia wasn't expecting it and fell hard on the ground. She scraped her knee and started to cry. Sam felt a little shocked. They didn't want Mia to get hurt, but now she was upset, and Sam felt bad.**



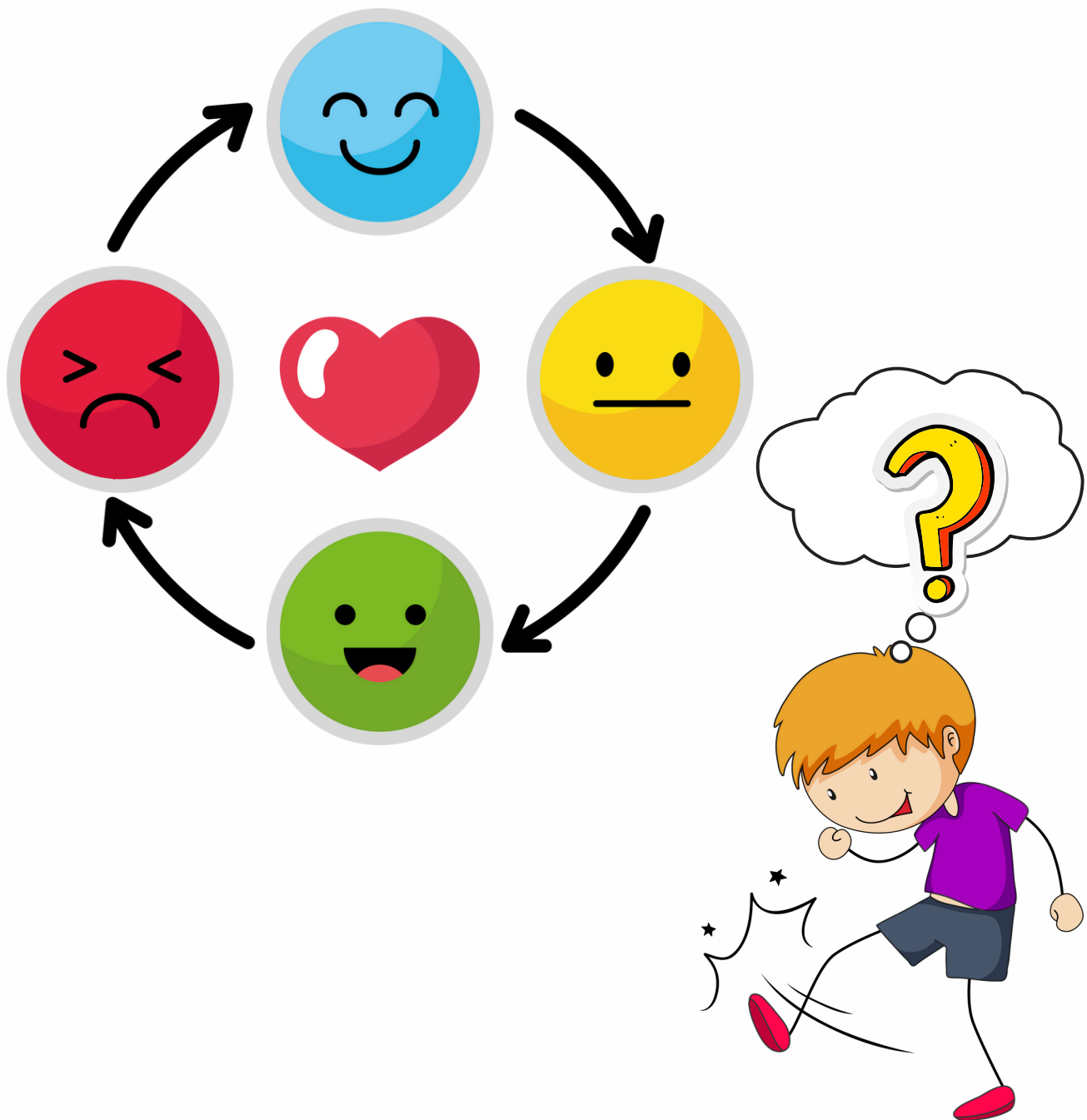
# Foot-Tripping is Dangerous

- **It can cause injuries:** When someone trips, they might fall and get hurt.
- **It can make others feel sad or upset:** Mia didn't like getting tripped, and she felt hurt not just because of the fall, but also because Sam did it on purpose.



# Emotional Regulation Strategies

Sam learned some ways to stay calm and make better choices when he felt the urge to foot-trip:



## Pause and Take a Deep Breath:

- When Sam felt the urge to trip someone, he could take a moment to pause. Sam could close his eyes for a second, take a slow deep breath, and count to three:
- Inhale... 1, 2, 3.
- Exhale... 1, 2, 3.



# Pause and Use Words to Express Feelings:

- If Sam felt frustrated or needed attention, they could say, “I feel upset” or “I need help” instead of tripping someone. Talking about feelings with a teacher or a friend can help solve problems in a calm way.



**Sam learned that it's important to be kind and think about how our actions affect others. Sam now remembers to pause, breathe, and think before acting. If Sam ever feels frustrated or unsure, he can always talk to a teacher or friend for support.**

