



STAND UP FOR YOURSELF

Knowing how to make your thoughts and needs known can help you handle difficult situations. Here's what to know.

- 1. Remain calm and kind.** There's a difference between being assertive and being aggressive. Being assertive means to stand up for yourself, while being aggressive means saying or doing things that aren't kind. Always try not to be aggressive.
- 2. Tell them to stop.** If someone is doing something that you don't like, the first step is to tell them to stop. This could be "stop calling me those names" or "stop making fun of my food." You can then provide your reason by using an "I" statement. For example, you can say, "I don't like it when you tease me about what I eat."
- 3. Leave the situation.** If the person doesn't listen, you should leave the situation. This could mean choosing to play with other kids at the park or moving to a different lunch table. You should also tell a trusted adult what happened.



DID YOU KNOW?
Bubble wrap was invented when two scientists were trying to create a textured wallpaper in the 1950s.

Make a bright bubble wrap face

What you need

- Marker
- Cardboard or a recycled cereal box
- Scissors
- Bubble wrap
- Pen
- Tape
- Paintbrushes
- Paints in a variety of colors

Instructions

1. With a marker, draw your face and hair on a piece of cardboard. Cut around the outline of your face and hair with scissors.
2. Place a sheet of bubble wrap on top of the hair section. With a pen, trace the outline of the bottom part of the hair on the bubble wrap and cut along that line. Apply a small piece of tape to keep the bubble wrap in place. Then cut around the top of the hair, leaving a 1½-inch border.
3. Fold the extra bubble wrap behind the cardboard so it fits tightly around it and secure with the tape.
4. Using paintbrushes, decorate your bubble wrap hair with a variety of colorful paints of your choosing. Think about how it feels to paint on bubble wrap. Once you're finished, let dry on a flat surface.

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ECO TIP OF THE WEEK: REDUCE WASTE FROM TAKEOUT

Getting dinner to go or delivered is handy when your family doesn't have time to cook. But the packaging the food comes in can produce waste, so it's smart to take steps that help the environment. When ordering, request that the restaurant avoid including any plastic cutlery, napkins, or individual packets of condiments, since you can use what you have at home. When you pick up a meal from a restaurant, bring your own reusable bags so the food won't get packed in disposable ones. If food comes in a plastic container with a lid, wash and store it for future use instead of recycling it. You could use it again for packing your lunch or delivering cookies to someone.

