

Ron's Day

It was a bad day.

Ron was tired. He did not sleep. His sister was sad. She had a bad dream. His mom was drunk. She was asleep. She did not wake up. He did not wake her up. She would be mad. That would not help Lisa.

It was morning. Ron's mom was still sleeping. He got Lisa ready. Lisa had a slip. She was going on a field trip. Ronnie wrote their mom's name. He did not want to wake her. She would be mad.

Ron and Lisa walked to the bus stop. The bad kids were there. They took Lisa's lunch. Ron hit them. He got in trouble. Ron gave Lisa his lunch.

Ron went to class. He did not do his homework. He did not have time. He was helping Lisa.

"You will not pass" Mrs. Smith said. "You have been bad."

Ron was mad. He did not say anything. He did not want to get in trouble.

"Ron," said Brad. "You are dumb. Lisa is dumb."

Ron hit Brad.

Questions

Please answer in complete sentences.

1. How do you think Ronnie feels?
2. What clues tell you that he feels this way?
3. Make a personal connection. Have you ever felt like Ronnie?
4. What do you think is going to happen next?

Coping Strategies are things we can do. We do them when we have a bad day. They help us. They make us happy. We will make better choices when we do them.

Here are some:

1. **Write it down**
2. **Write a letter.**
3. **Talk to someone.**
4. **Draw.**
5. **Take a walk.**
6. **Exercise.**
7. **Read.**
8. **Do something you love.**
9. **Focus on what you are doing.**

Coping Strategy Homework

Sometime during the next week, use a coping strategy. Write about it on this sheet.

1. The thing that made me mad was...
2. The coping strategy I used was....
3. Did it help, why or why not?
4. Will you use this strategy again? If not, what strategy will you use?