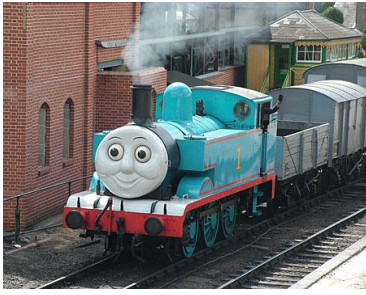




Thomas the train is a happy little engine that loves his life in the train yard. Thomas is a hard worker who always wants to do his best. In the train yard most of the time things go pretty much the same everyday but sometimes things don't go the way they are suppose to go. For example sometimes other trains break down and block the tracks. Sometimes trains get off their schedules. Sometimes trains must find a different track to travel because a bridge is broke. Thomas gets frustrated when things don't go the way he wants them to go. He has a hard time thinking of doing something differently from what he had planned to do. When Thomas gets frustrated he knows that it doesn't help to just stop and cry. He must stop and think about other choices he can make to keep doing his job or to get his work done. If he can't think of other choices by

himself he knows he can ask the train yard master or the conductor for help. Thomas knows that things don't always go the way he wants but he tries his best to look at other choices that can make him happy too.

I can be like Thomas the train when something doesn't go the way I think it should or I don't get something that I want. Instead of getting upset or crying I can stop and think about other choices I can make. If I have trouble thinking of my other choices I can ask my mom, dad, my teachers, other family members or friends for help. They can help me come up with other choices. Some of the choices I can make I may not like, some I may not like but I'll do, and some I may like better than what I first wanted to do. Choices mean there is more than one way and allow for changes to happen. I will try to be like Thomas by stopping and thinking of my choices rather than getting upset.



1. Stop and think of choices



2. Ask for help about my choices



“I don’t know what to do.
Will you help me?”