

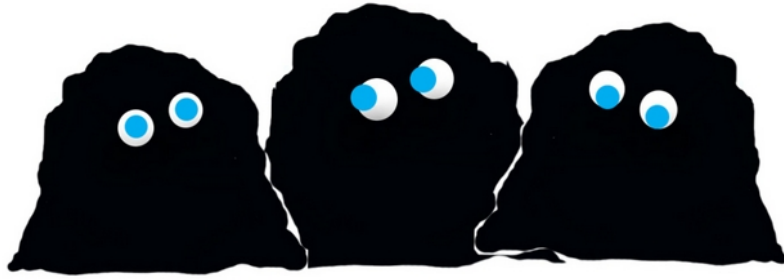
**Written & illustrated
by Patty Ann**

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Wipe Your Crap Away And Leave IT ALL Behind you!

This resource is intentionally
Targeted to Social Emotional Learning
&
To Develop ~ Expand Metaphor
Vocabulary for Stinking Situations!

Lesson Objectives:

- Develop Self Regulation Awareness with Guidance
- Evaluate and Recognize Situations are Temporary
- Understand Thoughts and Emotions Rule Behaviors
- Learn Proactive Responses for Challenging Conditions
- Create and Sustain Successful Behavior Outcomes
- Acknowledge Conditional Chaos Requires Attention
- Self Evaluate & Take Responsible Ownership of Actions
- Intentional Choice-Responses are Key to Positive Consequences
- Recognize metaphorical words come in a breadth of varieties



The Many Definitions of CRAP

Terms that Go in the Nonsense Category:

Poppycock

Baioney

Drivel

Idiocy

Rubbish

Malarkey

Bunkum

Hoey

Stuff

Garbage

Whodunnit

Piffle

Rigmarole

Tomfoolery

Bunk

Are there other **NONSENSE** words you can think of? Write them below, but spare the swear words!

A large rectangular area defined by a dashed line, intended for writing additional nonsense words.



Nonsense Sentences That Use the word CRAP

For no reason at all, Steve beat the crap out of Tom.

Sarah thinks most social media is full of crap.

Eric said the mandatory business meeting was overloaded with emotional crap.

Today, Becky was treated like crap and ignored by her friend.

The boys ate so much crap at the concert, they felt sick.

Write your Nonsense Sentence, and of course, use the word CRAP!

A large rectangular area defined by a dashed line, intended for writing a nonsense sentence.



Levels of CRAP

Crap comes in many forms, has assorted levels of intensities, and results in a variety of emotions and frustrations.

This lesson will focus on NONSENSE situations. We all have confusion over chaos crap in our lives that make no logical sense.

Therefore, this lesson will concentrate on ridiculous situations and how you can deal with the burn that comes along in your life.

Write down one of your crappiest situations below.

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How did you handle it?

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Managing CRAP



Were you satisfied with how you handled your crappy situation? If not, how else would you have handled it?

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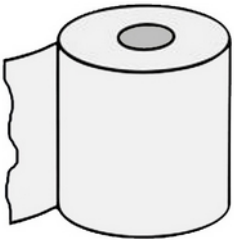
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Discuss with your friends and family, or research online, even take a course on best ways to deal with the conflicts of your type of ca-ca.



Sometimes, we collect the same crap and pile it up because we do not have the knowledge to make it go away. It would be nice if you could swipe it away, but that doesn't solve crappy stuff for the long haul.

Write out 2 other ways you have heard to cope with crap successfully. Think about whether these remedies would work for you too.

1)

2)

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Our Behaviors Can Bring Us Crap!

Why Yes it is TRUE!

Our learned behaviors dictate the result we get in life.

What are these learned habits?

How we think, feel, act or react in situations is observed and integrated from our family of origin. How you grow up often dictates the choices you make because you learned habits that became integrated from very early in life. Crap is born from close relations.

Interacting with others is a daily activity. If you lived with someone who handled all situations by thoughtfully responding and taking responsibility for their actions, most likely you have minimal crap.

OR, conversely you may have seen awful response behaviors from your family that got them into more crap. And, you may have also decided to choose your crap wisely and not pile it up.

If you are constantly bogged down by idiocy,
It would be a good idea to look at- and
Especially question...

- Family habits that encourage crap
- Peer pressure put on you to do crap
- Who you spend time with that are full of crap
- What crappy social media you are addicted to
- Habits adopted that result in more crap
- Hanging with friends who create crap



How to Leave Your Crap Behind

Make an INTENTIONAL CHOICE HOW to interact with the crap that comes along from others, from your thoughts, and life in general.

If crappy situations show up at crappy times: Make the choice to **respond** NOT **react**. Responders ...

- ✓ Keep Calm and Composed
- ✓ Evaluates Information First
- ✓ Thinks Before Re-acting
- ✓ Self-Aware when Communicating
- ✓ Self Regulates Emotion
- ✓ Motivated to Understand and Resolve

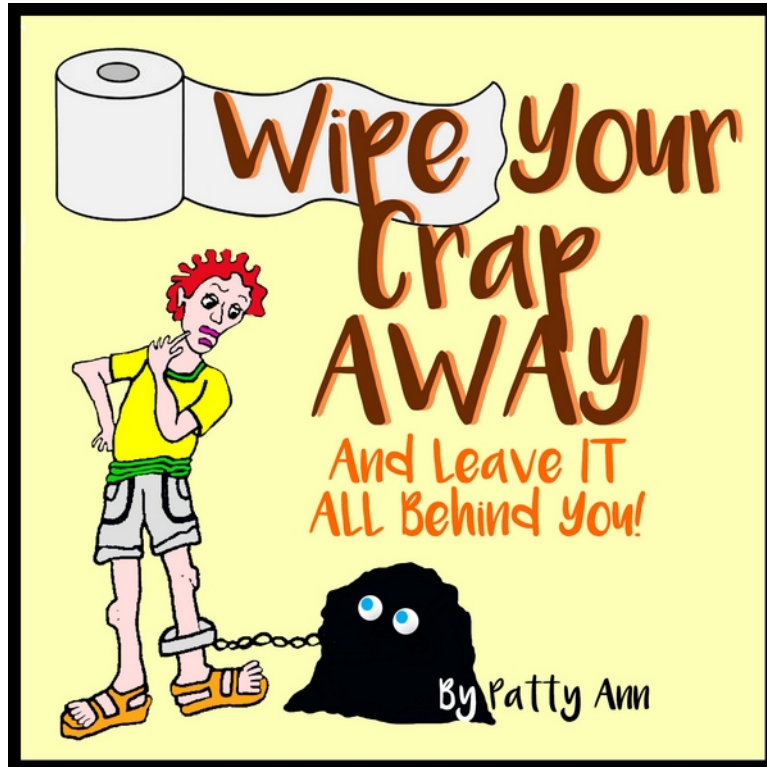
Reactions are instantaneous and emotional and usually include crap. Reactions are about the moment. Responses are about the outcome.

Look your crap in the eye no matter how monstrous it is. Crap does not go away on its own. It is up to you to resolve your crap—and the crap others bring to you.

Take and use these ideas. Learn more, and adopt new Crazy crap killing techniques. And roll out your best wipe to leave your crap behind!



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