



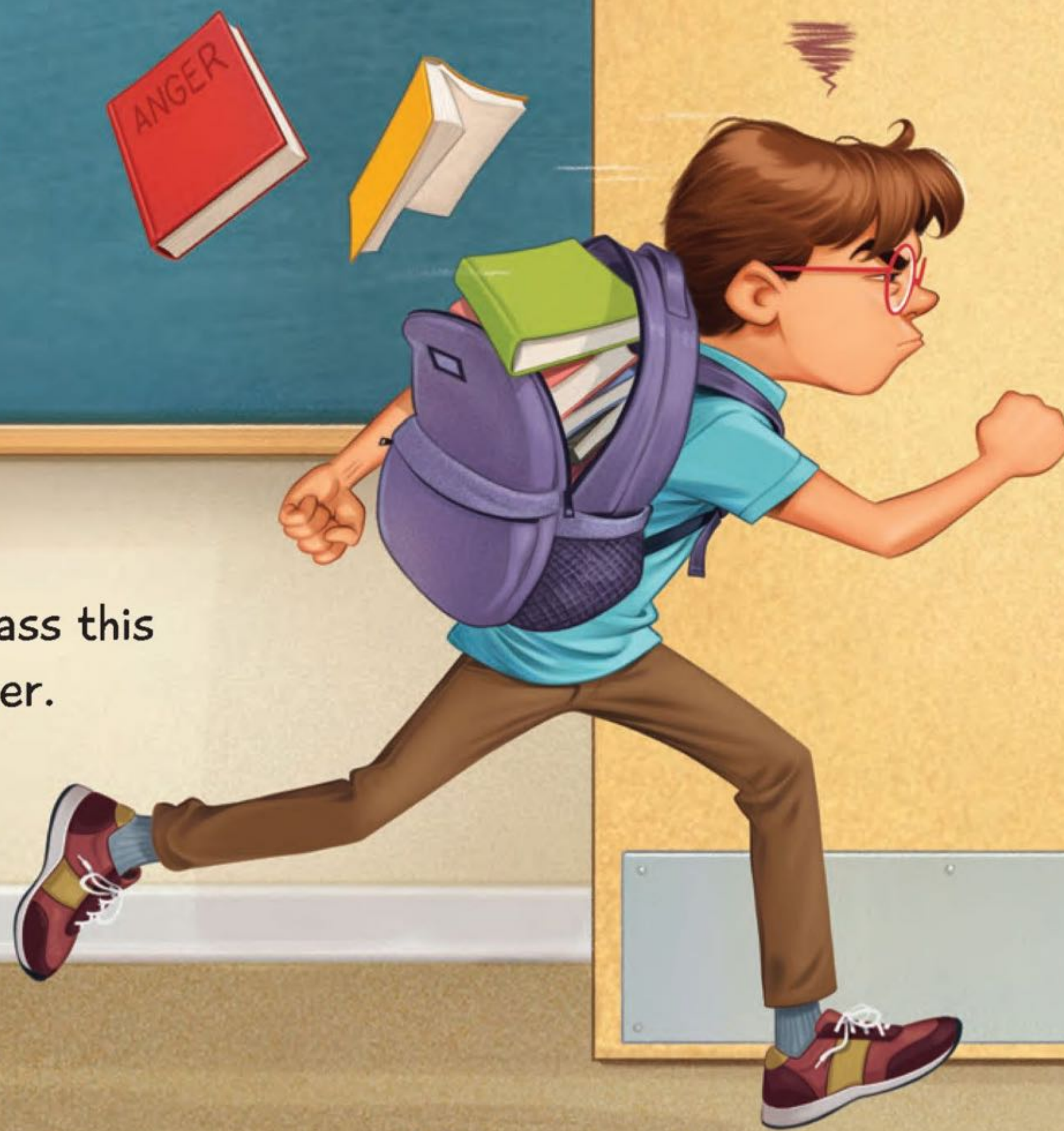
Welcome to Sunnyvale Elementary, where backpacks are more than just backpacks and the students are learning to be backpack detectives.

At first glance, magic backpacks may look pretty ordinary. They have pencils and folders and favorite keychains on zippers. A few even have moldy lunchbox science experiments hidden inside.

But backpack detectives know how to uncover the “books” that are harder to see. These books are the heavy feelings and tough stuff that each person carries around.

Sometimes these feelings get all mixed up and bubble over, exploding onto others. When that happens, there is usually a fiery, red book right at the top: Anger.

When Ben ran out of class this morning, there was Anger.



When Grace pushed Katie on the playground, and Mrs. Miller yelled, "ENOUGH! No recess for the rest of the week if you can't stop arguing!"

HELLO, ANGER



Sometimes it feels good to get mad. Anger is tricky that way. It tries to protect us from uncomfortable feelings by making us feel strong and in control...

What can you do when your feelings get the best of you?

The students at Sunnyvale Elementary carry a lot in their backpacks - including some things you can't see quite so well, like big feelings and confusing emotions.

Today, one fiery, red book keeps spilling out and exploding onto everyone: ANGER! It's time for the kids to use their best detective skills to figure out what's underneath those angry feelings.

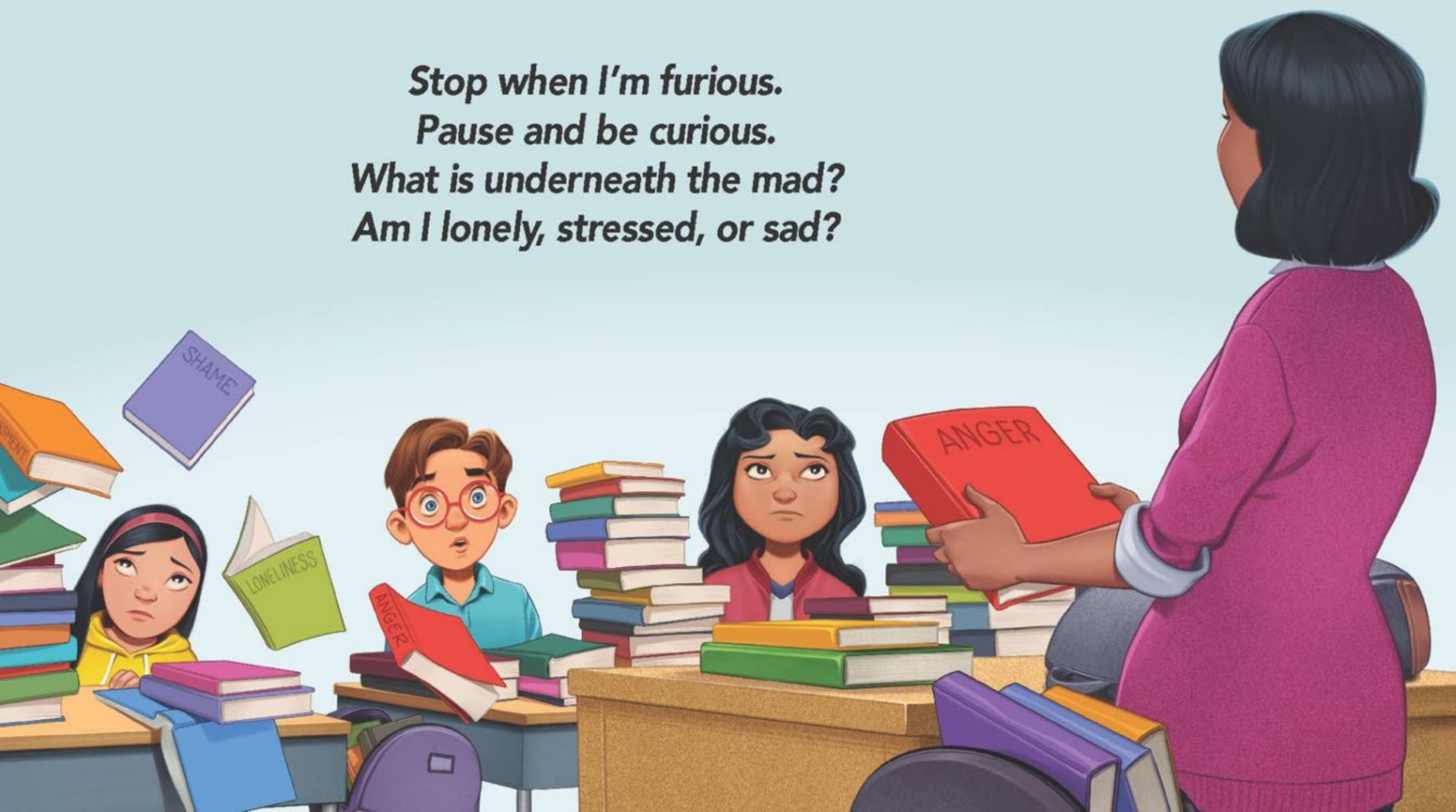
Ana feels **HURT** when her friends don't play fair.

Ben feels **EMBARRASSED** when he makes a mistake.

Grace feels **DIFFERENT** when nobody chooses her for their team.

When our feelings get the best of us, we need to do our best with our feelings. Become a backpack detective like Ana, Ben, and Grace!

**Stop when I'm furious.
Pause and be curious.
What is underneath the mad?
Am I lonely, stressed, or sad?**



JESSICA SINARSKI,
LPCMH equips parents and professionals to be healers for hurting children. Weaving user-friendly brain science into everything she does, Jessica ignites both passion and know-how in audiences. Extensive post-graduate training and 15+ years as a clinician, consultant, and parent educator led her to create *BraveBrains*, a resource and training platform for home, school, and community. She is also the author of the *Riley the Brave* picture books.

Jessica partners with school districts and child welfare agencies across the country to better incorporate effective trauma-sensitive practices into their work. She also shares her expertise as a contributor to magazines, blogs, and podcasts. When not writing and training, she continues to work as a bilingual therapist and clinical supervisor at an innovative adoption support agency. Jessica lives in Pennsylvania with her husband and three busy boys.



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