- A kid in your class was home sick all week. The teacher told her she doesn't have to make up the work she missed. ("I could let it go by remembering that it's hard to be home sick and miss everything at school." Or, "I could tell her I'm glad she's back and feeling better.")
- Your parent took you to the store to buy something you've been saving for that you really wanted. You finally have enough saved to get it! When you're at the store, your little brother sees a toy in a dollar spot and your parent buys it for him. ("I could let it go and remember that I worked really hard to buy something with my own money."

 Or, "I could ask my brother to show me his toy and how it works and be excited with him.")
- Another kid got picked to be team captain this week. He's already been the captain before, and you've never been picked. ("I can choose to be happy for my teammate."

 Or, "I can keep working hard so maybe the coach will pick me next week at practice.")
- Your parent asks you to clean up the toys even though you weren't the one who made the mess. It was your sister. It's always your sister. ("I can clean it up with a good attitude." Or, "I could start cleaning up and hope my sister will notice and start helping me too.")
- Your parent packed the same boring lunch in your lunchbox. The kid across from you has leftover birthday cake in his lunch bag from a family party. ("I can be grateful for the lunch I have and that my parent made it for me." Or, "I can ask my friend about the party, who was there, and who they celebrated.")
 - You're in art class and draw a picture of your pet. You feel really happy with it! But another kid in
 class looks at your drawing and laughs. ("I like how my drawing looks even though everyone may
 not.")
 - You're playing soccer after school and your coach tells you to pick a partner for warm-ups. You
 plan to ask one of your friends to be your partner, but he pairs up with someone else instead. ("I
 can get to know this person better!")
 - You're at school, and it's your turn to pick which book to read that day. You're so excited! But instead, the teacher asks another kid in your class to pick the book because it's her birthday. ("I can be happy for my friend. There's always tomorrow!")