Sometimes when I get mad or upset, I spit.

It is NOT OK to spit.

Spitting hurts my teacher’s feelings

Spitting hurts my friends’ feelings.
Spitting gets ME in trouble.

I may have to go to the Office and see Ms. Tschanz.

I will have a consequence.

Ms. Tschanz may have to call my mom and dad.
I can DECIDE not to spit.
That makes my teacher happy
That makes mom and dad happy
That makes ME happy