



A Help Me Be Good Book About

Fighting

By Joy Berry



Sometimes people get angry and want to fight. When people fight:

- They can hurt each other's bodies.
- They can hurt each other's feelings.
- They can damage or destroy each other's belongings and things around them.

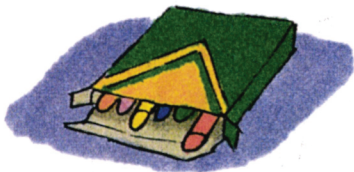




You can solve the problems you have with other people without fighting.

If someone does something that makes you angry, do not do anything right away. You might get into a fight if you act too quickly.

Slowly count to ten when you are angry to give yourself time to calm down.



MY MARKING PENS ARE GONE.
I'LL BET TAMI TOOK
THEM! THAT MAKES
ME SO
ANGRY!

IT WASN'T
ME!





Joy Berry

Joy Berry is the author of over 200 self-help books for kids that have sold over 85 million copies.

The purpose of the **HELP ME BE GOOD** series is to help young children replace misbehavior with appropriate behavior. This 29-book series includes the following fully color-illustrated books:

Being Lazy

Being Forgetful

Being Careless

Being Messy

Being Wasteful

Overdoing It

Showing Off

Being a Bad Sport

Being Selfish

Being Greedy

Breaking Promises

Disobeying

Lying

Interrupting

Whining

Complaining

Throwing Tantrums

Teasing

Tattling

Gossiping

Being Rude

Snooping

Cheating

Stealing

Being Bullied

Being Bossy

Being Destructive

Fighting

Being Mean

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