

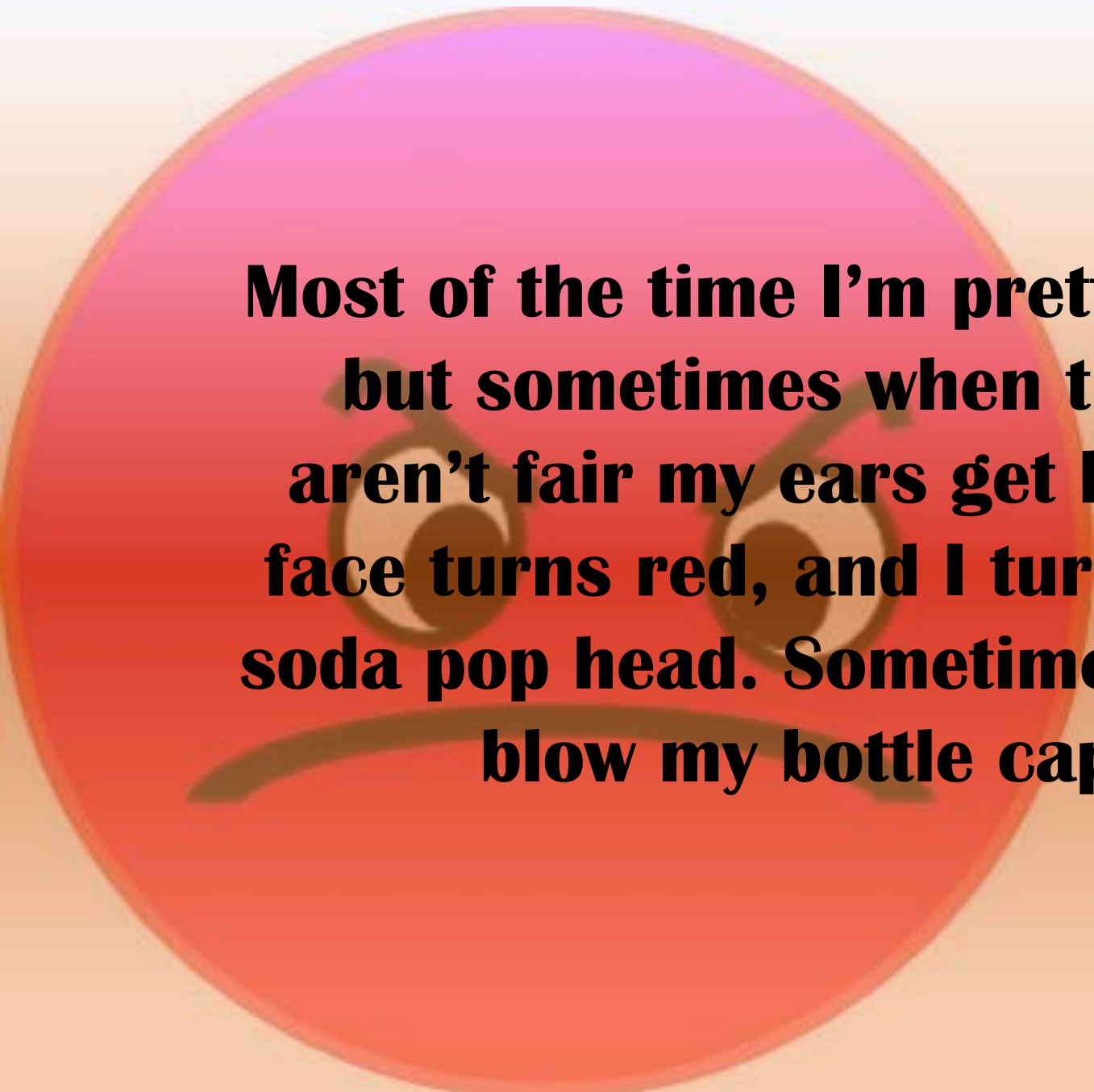
Soda Pop



ANGER MANAGEMENT

By: Julia Cook

**My name
is Lester,
but
everyone
calls me
Soda
Pop
Head.**



**Most of the time I'm pretty happy
but sometimes when things
aren't fair my ears get hot, my
face turns red, and I turn into a
soda pop head. Sometimes I even
blow my bottle cap.**

Yesterday, Ruby Jean cut right in front of me when we were lining up for lunch. I asked her nicely to move.... She said NO! I told her to move.... She said NO!



So then, I told my teacher and she got mad at me for have Tattle Tongue. “It’s NOT Fair!” I said.

I could feel my ears starting to get hot, and then Ruby Jean and the rest of the kids started sing that song....

The “Soda Pop Head” song.....

**There goes Lester, Watch him fester.
His ears start to fix. He gets mad as a
griz. He face turns red. He's a Soda Pop
Head. You just never know when Lester
will blow. His cap will go flying. If he
bits you, you'll be crying, so you'd
better stay away from Lester today!**



Before I could stop it, my cap went flying off my head and just about hit Ruby Jean in the knee cap.



I got sent to the principles office for flowing my bottle cap again

“It’s NOT Fair!”

After lunch, my teacher told me that I was getting a zero for my social studies report on the great pyramids because I hadn't turned it in on time.

“But I did turn it in! I put it in the basket yesterday!”



“But that report took me forever to do!”



**“I never got it,” she said
“So you will have to redo it and turn it in as late work.”**

It's NOT Fair!

My ears started to get hot, and then Ruby Jean and the rest of the kids started to sing the “Soda Pop Head” song again.

**There goes Lester, Watch him fester.
His ears start to fix. He gets mad as a
griz. He face turns red. He's a Soda Pop
Head. You just never know when Lester
will blow. His cap will go flying. If he
bits you, you'll be crying, so you'd
better stay away from Lester today!**

I was just about to blow my bottle cap when I heard my teacher say, “Oh her it is Lester, I found it in the math basket! My mistake, I’m sorry.”

I took a deep breath, and my soda pop head went away.

When I got home from school, my little sister Regina was playing my new video game. She had gone into my room and take it without my permission! When I asked her nicely to give it back, she hit me! I hit her back, just as my mom came into the room.



“It’s NOT fair!”

I could feel my ears starting to get hot, and then Regina started to sing the “Soda Pop Head” song. She must have heard it as school!

**“Lester!
NEVER EVER,
EVER hit your
sister!”**



“But she started it! She took my video game without asking....” “And I am gong to finished it! Lester, go to your room NOW!”

**There goes Lester, Watch him fester.
His ears start to fix. He gets mad as a
griz. He face turns red. He's a Soda Pop
Head. You just never know when Lester
will blow. His cap will go flying. If he
bits you, you'll be crying, so you'd
better stay away from Lester today!**

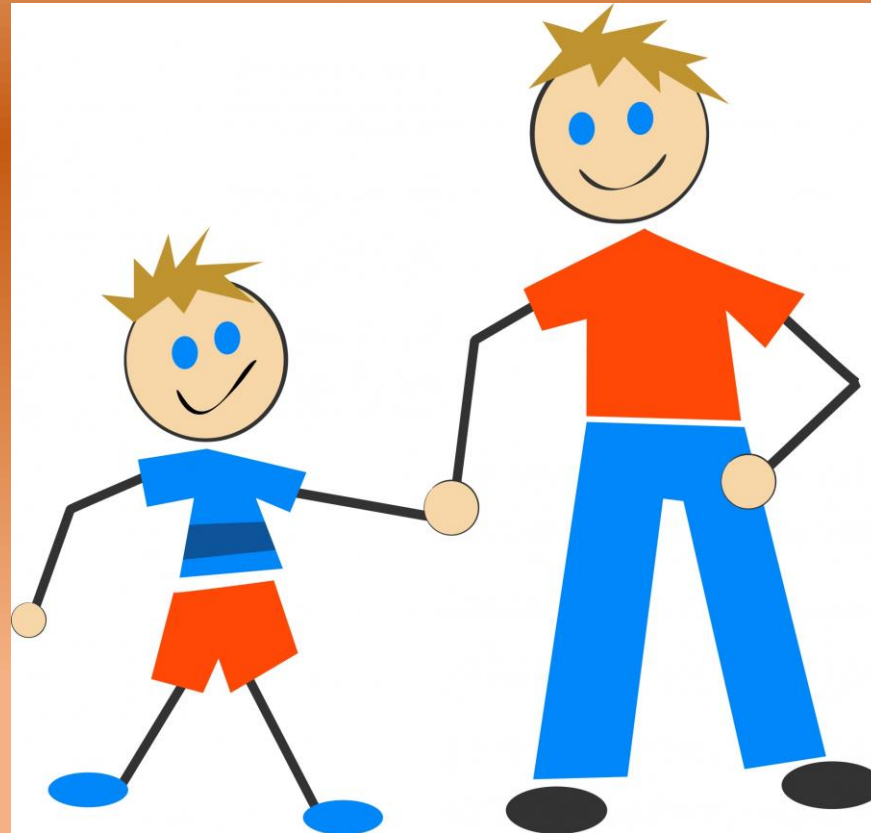


My bottle cap flew right off my head, and it just about hit Regina's big toe. Then I went to my room and slammed my door shut.

When my dad got home from work, he came into my room and sat down on my bed.

“Lester,” he said, “we need to talk. Mom told me that you hit Regina. She also said that she got a call from your principal saying that you lost your temper at school today.”

“It’s NOT fair!”



“Regina took my video game without asking, and Ruby Jean cut right in front of me when we were lining up for lunch.”

“Lester, you need to realized that.... Life is NOT FAIR! Sometimes things are going to happen to you that will make you angry. It’s what you choose to do with your anger that makes the difference.”



“You are a Soda Pop Head, and you need to learn to control your fizz. When your ears get hot, that’s your first cluse that you are starting to get angry. When this happens, you need to learn to loosen your bottle cap before the pressure inside of you builds up.”

“How do I do that?” I asked.

“Well, there is a lot of different things you can try.

You can take 5 deep breathes and clear your head.



You can walk away from the situation and find a quiet place to sit down and relax your muscles.”

“If you are in your classroom, try sitting at your seat and do the **Push Pull Dangle.”**

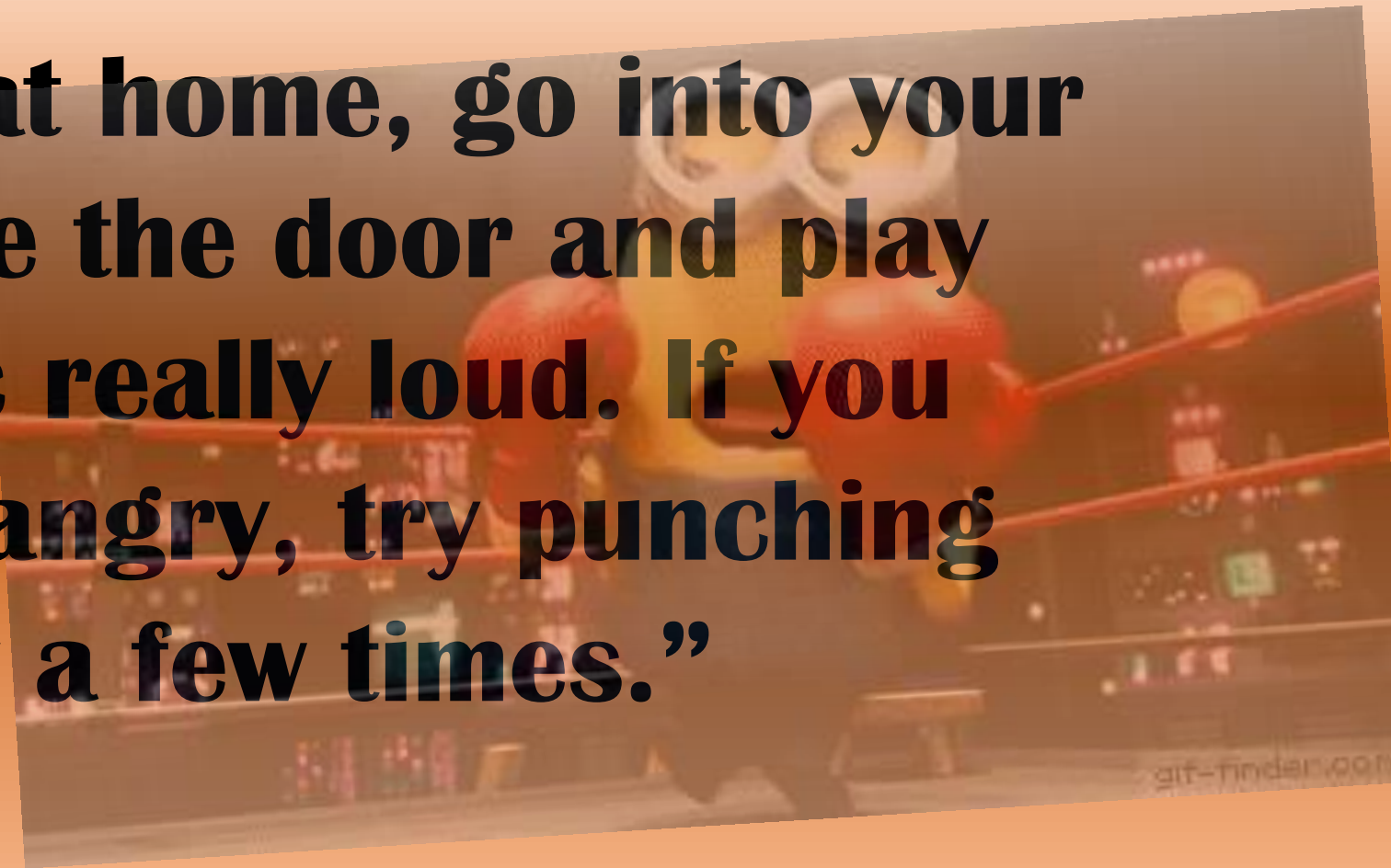
“What is that?” I said.



“Push down hard on the seat of your chair while your count to 10. Pull up hard on the seat of your chair while you count to 10. And then dangle your arms, and fell all of your stress leave your body.”



If you are at home, go into your room, close the door and play your music really loud. If you feel really angry, try punching your pillow a few times.”

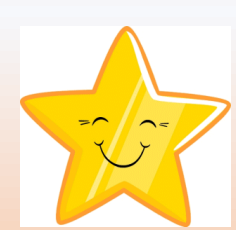


”You need to work at getting to bed on time at night. It is really hard to control your fizz if you are tired. You also need to make sure you are eating healthy foods. It’s harder to control your fizz if your body doesn’t feel good on the inside.



Whatever you do, don’t twist your bottle cap on so tightly that you can’t loosen it. If you do that, your anger will get stuck inside of you. Then it will build up, and if it can’t come out through your cap, it will end up making you feel sick.”

That night, I went to bed and thought all about everything my dad had told me. What he said really made a lot of sense.



Today at school, I controlled my fizz!



Ruby Jean took my new pencil and when she wouldn't give it back to me, I did the Push Pull Dangle at my seat.

My teacher was proud of me because I didn't blow my bottle cap at Ruby Jean. She gave me a thumbs up, and then she made Ruby Jean give my pencil back.



When I got home, Regina was playing my video game again without asking. I looked at her, took 5 deep breaths, went to my room, and punched my pillow 3 times.

When I came back out, I felt a lot better.

My mom smiled at me for not blowing my bottle cap and then she made Regina apologize and ask me for permission to play my video game.



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Later, when my dad got home from work, I told him about my day. “How did you know how to help me with this Dad?” I asked.

”Well, Lester let’s just say I know exactly what your going through.

**I still am a
Soda Pop Head
and the kids at
my school still
sing the song,
but now
they've
changed the
words:**

***There goes Lester. Watch him fester.
His ears start to fizz. He gets mad as
a griz. His face turns red. He's a
Soda Pop Head. He used to blow his
cap, but now he doesn't do that. He's
in control so now we all know that
it's OK to play with Lester today.***

