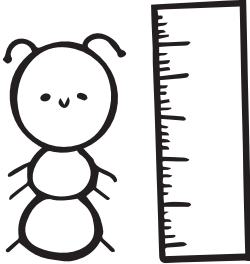# Bug Plan

We all have things that bug us and make us annoyed or irritated. Maybe it's a personal habit, a chore, an item or a sound. When something bugs you, it's important to have a plan! Here are 4 strategies to help you manage things that bug you.

Size the bug

On a scale of 'slightly annoying' to 'really problematic,' how big is the bug? Based on its size, is it better to ignore the bug or talk to it about why it's bugging you?

Example: I get really upset when my sister talks over me. That's a bigger bug. I will tell her that it makes me frustrated.
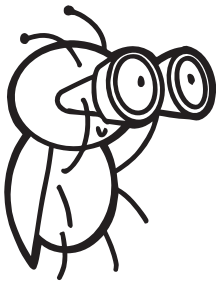
Prepare for the bug

Bugs are less bothersome when they don't sneak up on you. When is that bug likely to show up next, and what are some things you can do to be ready for it?
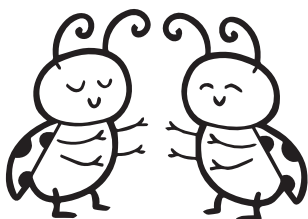
Example: I don't like waiting. I'm going to an amusement park. There are long lines there so I'll play games in line.
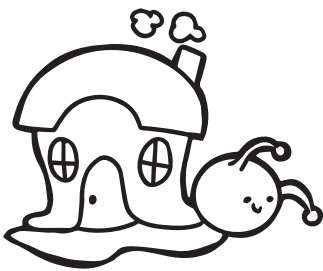
Place the bug

Some bugs are only bothersome if they're out of place. Other times they aren't so bad. Can you think of a time the bug is less bothersome?

Example: I don't like getting hugs from my parents in public! But I like hugs when I get hurt or am sad.

Befriend the bug

Despite their bug-like nature, some bugs are really friendly and are just trying to do their best. Can you find one useful or positive feature of the bug?

Example: I hate when rain cancels my soccer game! But I do like stomping in puddles.

Build-a-Bug Plan

Make a bug and come up with a plan!

1. Bug list

Think about things that bugs you. and write them below

_____

_____

_____

_____

_____

_____

_____

2. Draw your Bug
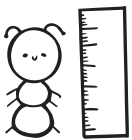
Choose one of your bugs, then make up a name and draw a picture of it. You can use some of the bug parts below to help with your design.

Bug Name: _____

Bug Parts

3. Bug Plan

Now come up witha plan for dealing with your bug.

Size Is it a big, medium, or small bug? How much does it bother you?

_____

Prepare What can you do to be ready for the bug the next time it appears?

_____

Place Is there a time, place, or situation that makes the bug easier to manage?

_____

Befriend Can you find something positive or helpful about the bug?

_____