Angelfish Goes to Timeout

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Dear Readers,

This book is about Angelfish who goes to time-out. Angelfish does not always follow the rules. Angelfish loves to play with his friends at school and at home but sometimes he does not know how to use his words when he is upset. When Angelfish uses his hands or uses mean words to hurt his friends feelings his parents and teacher put him in time-out. At first Angelfish does not like time-out, he’s alone, there are no toys and all of his friends are playing without him. Alone, and in the corner of the room Angelfish learns how to make good choices when he is upset. This book explores how time-out can decrease a child’s misbehavior and gives them the words and choices to make when they do not know how.
This is Angelfish, Angelfish loves to play with his friends at school. "Let's race to the end of the playground!" Angelfish says. "I'm faster than you!" replies Squid.

"But I wanted to be the winner!" Angelfish says, and pushes Squid into the seaweed. Angelfish is mad he did not win, and swims away. "Angelfish pushed me!" yells Squid.
Miss Turtle sees Angelfish push Squid into the seaweed and swims over to talk to him. "Angelfish, why did you push your friend Squid?" "Because I wanted to win the race!" Angelfish replies. "Does that make you mad?" Miss Turtle asks. "Yes!" "It’s O.K. to feel mad but it is not O.K. to push your friends." "Next time you feel angry or upset try to use your words instead of your hands, or next time you will be put in time-out." Angelfish did not want to go to time-out he thought.
Angelfish and his friends are playing outside, Angelfish sees his friends’ starfish and crab playing with a ball and swims over to see them. “Can I play with you?” asks Angelfish. “No, this game is only for two people!” they reply.

Angelfish gets mad that he can’t play and grabs the ball from starfish and swims away.

“Miss Turtle, Angelfish took our ball!” Crab and Starfish yell. Miss Turtle asks Angelfish to come over. “Angelfish, did you take the ball from Starfish and Crab?” she asks. “Yes I did, because they are being mean! They won’t let me play!” Angelfish shouts. “It was nice of you to use your words and ask to play, but you have to wait your turn if Starfish and Crab want to play. It is not O.K. to take toys from friends. A good choice would be asking Starfish and Crab if you can have a turn when they are done. Because you did not use your words you will have to go to time-out.”
Angelfish became even more mad, he puffed out his cheeks, his face became red, and he began to yell. “I DON’T WANT TO GO TO TIME-OUT!” and Angelfish hits Miss Turtle across the shell. Miss Turtle helps Angelfish to the corner of the playground away from his teacher and toys. “Angelfish, you have five minutes in time-out,” she says to him.

Angelfish continues to yell in time-out but Miss Turtle and the other teachers are not listening. After five minutes Miss Turtle swims over and tells Angelfish that time-out is over and he can go back to playing.

“Do you understand why you were in time-out, Angelfish?” Miss Turtle asks. “Because I took the ball away from Starfish and Crab,” he replies. “Yes, what is a good choice to make next time someone tells you, you can’t play?” Angelfish thought about what Miss Turtle said. “I can find another toy to play with,” he answers. “I think that is a great choice Angelfish.”
At home Angelfish and his sister are playing, Angelfish takes out the blocks and his sister swims over and picks up a block. Angelfish jumps off the floor and knocks the block out of her hands. “You can’t play with these!” he yells. His sister begins crying and their mother comes into the room. “Why is your sister crying?” she asks. “She took my block! She’s not allowed to play with them!” he replies. Angelfish’s mother says, “There are enough blocks for you and your sister to play with, we share in this house, now go to time-out to think about the choice you made.”
“NO!” yells Angelfish. “You will spend five minutes in time-out and calm your body down,” Angelfish’s mother replies. Angelfish’s mother takes him to a corner of the room where he sits alone for five minutes.
Angelfish is sitting in the corner while he watches his sister play with the blocks. Angelfish was angry he had to be in time-out. “Angelfish what is a good choice to make when your sister takes a toy you were playing with?” his mother asks. Angelfish did not know the answer. “How about next time you tell your sister, “we can share the blocks, but it makes me upset when you take them away without asking.”

Angelfish’s sister looks up at Angelfish, “Can I play with you?” she asks. “Yeah! You can have these blocks and I can have these ones,” he replies. Angelfish and his sister share the blocks together.
It was another school day when everyone was eating lunch, when suddenly Seahorse accidently knocked over Angelfish’s drink and it spills all over Angelfish. Angelfish gets mad and calls Seahorse, “Stupid!”

Seahorse begins to cry when Miss Turtle comes over. “Angelfish please be excused from the table and go to time-out,” she tells him. Angelfish did not move, he did not want to go to time-out. Miss Turtle says, “You have two choices Angelfish, you can go to time-out now for five minutes or I can help you to time-out and you can wait for seven minutes.”

Angelfish gets up from the table and swims over to time-out. “That is a good choice Angelfish, after five minutes you can leave time-out,” says Miss Turtle.
Angelfish is mad and hits the wall with his fin, and yells from the corner of the room. After a few minutes, Angelfish calms down and sits quietly in the chair. Miss Turtle comes over. “Angelfish, Seahorse wants to tell you something,” she says. “I’m sorry I knocked your cup over,” he replies. Miss Turtle says, “Accidences happen Angelfish, Seahorse did not mean to knock your cup over,” “What are some words you can use instead of calling Seahorse stupid?”

Angelfish did not know what to say. “Angelfish you can tell Seahorse it’s O.K. and ask him to help you clean up the mess,” says Miss Turtle.
One day Angelfish and his friend Puffer Fish and Stingray came over to play. Together they decided to play hide and seek. Stingray started to count first and Angelfish and Puffer Fish swam off to hide. Angelfish found Puffer Fish hiding in his spot!

“I was going to hide there!” he says. Angelfish began to get angry, he could feel his face getting hot, his fins were bunched at his sides, but then he remember what his mother and Miss Turtle have told him.

“That’s O.K. I know a better hiding spot anyway!” Angelfish says and swims off in another direction.
The End