

# Staying Calm



Name:.....

My name is \_\_\_\_\_.

My teacher is \_\_\_\_\_.

I am \_\_\_\_\_ years old.

I am in \_\_\_\_\_ class

and go to \_\_\_\_\_ School.



Things I like:

Things I don't like:

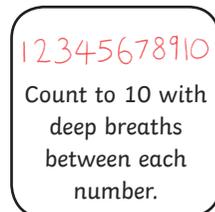
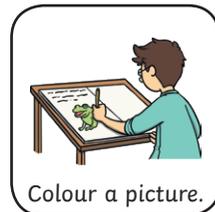
## Staying Calm

Sometimes I can get angry or upset.  
These are some of the ways I like to  
stay calm:

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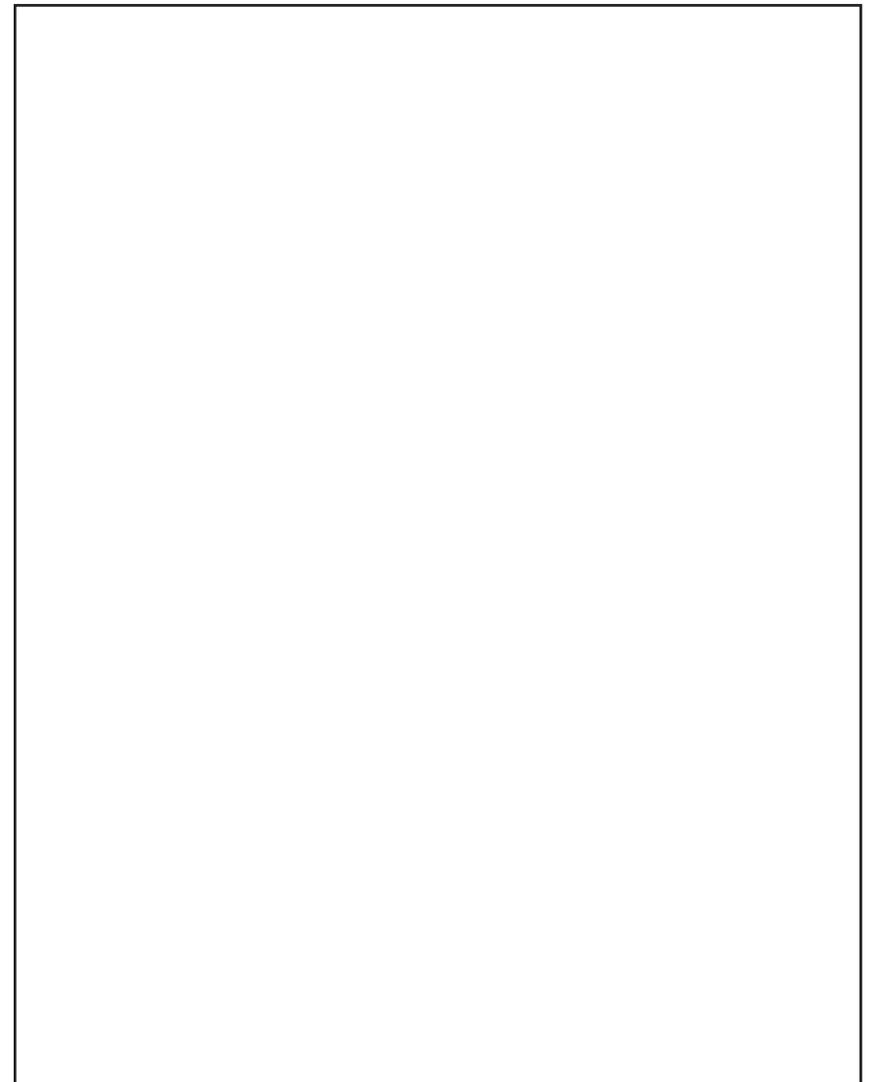
## Good Ways to Stay Calm

Cut out the cards that you think are good ways to stay calm. Stick them in the box on the next page.



## Good Ways to Stay Calm

Stick the cards that you think are good ways to stay calm in the box below.



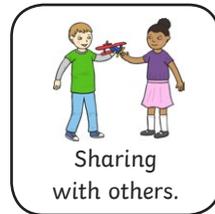
## Making Good Choices

Sometimes I feel angry or upset.

Bad choices make people around me sad.

Good choices make people around me happy.

Put a circle around the **good** choices.



## Staying Calm - Things to Remember!

Usually we play nicely with our friends. Sometimes we play by ourselves.



I'm glad I remembered to stay calm.



Usually my friends will say sorry. I can smile at them.



My teacher will be very pleased.



I can ask my friend if they'd like to help me build another tower so they can join in.



I can think about why my friend knocked my tower over.



I can take 5 slow, deep breaths and try to stay clam.



Sometimes this makes me feel angry.



Sometimes my friend knocks my tower over.

