

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:

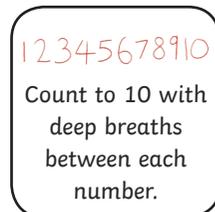
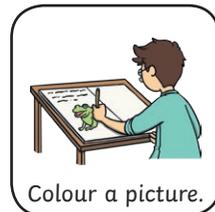
Staying Calm

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

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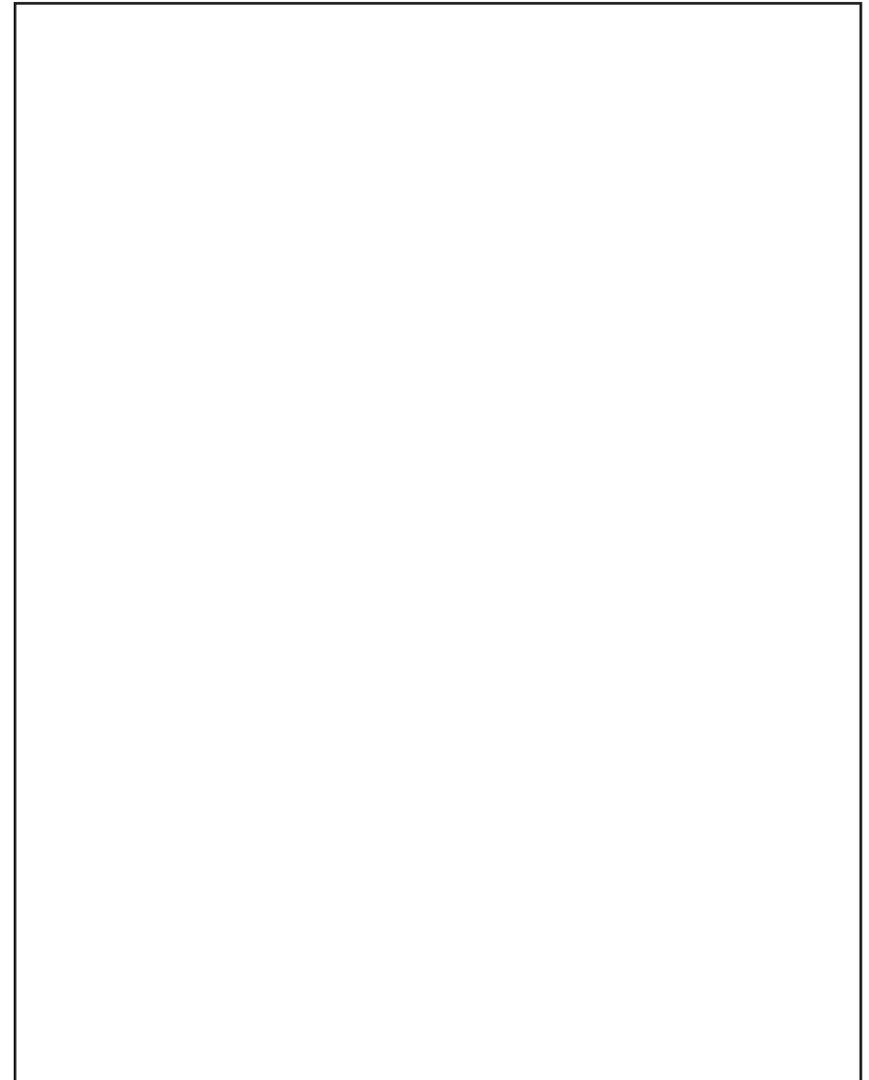
Good Ways to Stay Calm

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!

