

Name \_\_\_\_\_



## Stay Or Snap

**Directions:** Read each situation carefully. Decide if the person is showing **patience** (relax) or **frustration** (react). Write **Relax** or **React** after each one.

1. Sam's computer froze during a class project. He took a deep breath, waited for it to restart, and tried again. \_\_\_\_\_
2. Maya rolled her eyes and shouted, "This line takes forever!" while waiting at the snack stand. \_\_\_\_\_
3. Carlos wanted to talk to his teacher, but she was busy. He waited quietly until she finished helping another student. \_\_\_\_\_
4. Jenna slammed her locker shut and muttered, "I can't deal with this!" when it got stuck. \_\_\_\_\_
5. Riley missed a turn in a board game but said, "That's okay, I'll get the next one." \_\_\_\_\_
6. Taylor stomped her foot and complained loudly when her group took too long to finish their part. \_\_\_\_\_
7. Aiden took a break from studying when he felt stressed and returned to his work calmly. \_\_\_\_\_
8. Lily crossed her arms, refused to speak, and frowned when her friend took longer to choose a movie. \_\_\_\_\_