

Name \_\_\_\_\_

## Calmly Rewrite Answer Key

Sample calm rewrites:

1. I congratulated my friend and reminded myself it's just a game.
2. I took a deep breath and asked for help with the problem.
3. I accepted my grade and decided to study harder next time.
4. I shared my idea respectfully and listened to others too.
5. I took a break and tried again calmly.
6. I told my classmate I felt left out and asked to sit together tomorrow.
7. I asked him to please ask before borrowing next time.
8. I stayed quiet and planned my time to finish the homework.
9. I took a moment to calm down and looked again carefully.
10. I tried a different method and stayed patient until it worked.

### Teacher's Guide:

- **Purpose:** Teaches students how to identify emotional triggers and replace negative reactions with calm, constructive responses.
- **Differentiation Tips:**
  - Offer sentence starters like "Next time I can..." or "I will try to..." for students needing more structure.
  - Provide visual emotion cues (red = upset, green = calm) to reinforce awareness.
  - Allow oral discussion before writing for students who process better verbally.
- **Engagement Ideas:**
  - Pair students to role-play the "before" and "after" versions of each situation.
  - Encourage sharing personal examples (real or imagined) of calm rewrites.
- **Extension Activities:**
  - Have students create a short "Calm Reaction Journal" for one week.
  - Link this exercise to a self-regulation strategy chart (deep breathing, counting, asking for help, etc.).