



Name _____

Calm Levels

Directions: Read each short scene carefully. Think about how it might make someone feel. Circle whether it would cause a **calm**, **mild upset**, or **big reaction**.

1. You are reading quietly when your friend gives you a thumbs-up for helping earlier.
(**calm** / **mild upset** / **big reaction**)
2. You drop your snack on the floor right after opening it.
(**calm** / **mild upset** / **big reaction**)
3. Your teacher tells you that your drawing will be displayed in the hallway.
(**calm** / **mild upset** / **big reaction**)
4. A classmate accidentally bumps into you while lining up.
(**calm** / **mild upset** / **big reaction**)
5. You study hard but forget one test question during the quiz.
(**calm** / **mild upset** / **big reaction**)
6. You are playing a game at recess and someone keeps changing the rules.
(**calm** / **mild upset** / **big reaction**)
7. You finish your classwork early and get to read your favorite book.
(**calm** / **mild upset** / **big reaction**)
8. You lose your place while reading aloud in class.
(**calm** / **mild upset** / **big reaction**)
9. Your best friend saves you a seat at lunch.
(**calm** / **mild upset** / **big reaction**)
10. You spill water all over your desk right before class starts.
(**calm** / **mild upset** / **big reaction**)