

Name \_\_\_\_\_

## Calm Levels Answer Key

- |               |                  |
|---------------|------------------|
| 1. Calm       | 6. Big reaction  |
| 2. Mild upset | 7. Calm          |
| 3. Calm       | 8. Mild upset    |
| 4. Mild upset | 9. Calm          |
| 5. Mild upset | 10. Big reaction |

### Teacher's Guide:

- **Purpose:** Helps students practice identifying emotional triggers and rating reaction levels to strengthen emotional regulation and self-awareness.
- **Differentiation Tips:**
  - Read each scene aloud for students who benefit from auditory support.
  - Provide a visual scale (green = calm, yellow = mild upset, red = big reaction) for visual learners.
  - Offer real-life examples and ask students to act out calm, mild, and big reactions to build understanding.
- **Engagement Ideas:**
  - Use movement: students move to different sides of the room labeled "Calm," "Mild Upset," and "Big Reaction."
  - Let students create new short scenes for classmates to sort.
- **Extension Activities:**
  - Have students discuss how to turn a "big reaction" moment into a calm response.
  - Encourage journaling: "One time I felt a big reaction, but next time I can stay calm by..."