

Name _____



Calmly Rewrite

Directions: Read each sentence below. It shows someone reacting with poor emotional control. Rewrite each one to show a calm, smart, and respectful choice instead. Use complete sentences.

1. I shouted at my friend because they beat me at basketball.

2. I slammed my book shut when I didn't understand the math problem.

3. I rolled my eyes at the teacher when I got a low grade.

4. I stomped out of the room when my group didn't use my idea.

5. I threw my pencil when my drawing didn't turn out right.

6. I refused to talk to my classmate after they forgot to save my spot at lunch.

7. I yelled at my little brother when he borrowed my things without asking.

8. I said, "This is stupid," when the teacher gave more homework.

9. I slammed my locker when I couldn't find my notebook.

10. I gave up right away when the science experiment didn't work.
