

Name \_\_\_\_\_



## Cool And Calm Choices

**Directions:** Read each classroom situation below. Then, say or write the calm choice that matches it best.

1. You are waiting in line and someone accidentally bumps into you.

\_\_\_\_\_

2. You drop your crayons and they roll under another desk.

\_\_\_\_\_

3. You raise your hand, but the teacher doesn't call on you right away.

\_\_\_\_\_

4. Your classmate gets the last blue marker you wanted.

\_\_\_\_\_

5. You feel frustrated because your drawing doesn't look the way you wanted.

\_\_\_\_\_

6. You lose a game during playtime.

\_\_\_\_\_

7. Your friend says something that hurts your feelings.

\_\_\_\_\_

8. You're excited about recess but need to wait for the teacher's signal.

\_\_\_\_\_

9. You forgot your snack at home and feel upset.

\_\_\_\_\_

10. The classroom gets noisy, and you start to feel overwhelmed.

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