

Name _____



Calm Choices Practice

Directions: Read each sentence. Fill in the blank using a word from the word bank to show what you can do to stay calm and make good choices.

breathe

listen to music

walk away

squeeze a stress ball

count to ten

draw a picture

talk to someone

take a break

1. When I feel angry, I can _____.
2. When I feel sad, I can _____.
3. When I feel nervous, I can _____.
4. When I feel frustrated, I can _____.
5. When I feel lonely, I can _____.
6. When I feel embarrassed, I can _____.
7. When I feel scared, I can _____.
8. When I feel too excited, I can _____.
9. When I feel tired, I can _____.
10. When I feel disappointed, I can _____.