

Name \_\_\_\_\_

## Calm Choices Practice Answer Key

Answers will vary. Example responses include:

- |                    |                          |
|--------------------|--------------------------|
| 1. breathe         | 6. walk away             |
| 2. talk to someone | 7. squeeze a stress ball |
| 3. count to ten    | 8. breathe               |
| 4. take a break    | 9. take a break          |
| 5. talk to someone | 10. draw a picture       |

### Teacher's Guide

- **Purpose:** Encourages emotional awareness and the use of positive coping strategies for self-regulation in real-life social settings.
- **Differentiation Tips:**
  - Provide visual icons for each strategy (e.g., picture of someone breathing, drawing, or listening to music).
  - Allow oral responses or sentence completion with assistance for emerging writers.
  - Offer fewer choices from the word bank for students needing simplified support.
- **Engagement Strategies:**
  - Use role-play to model when and how to use each calming strategy.
  - Let students create a "When I Feel..." poster using their favorite strategies.
- **Extension Ideas:**
  - Encourage students to keep a "Calm Journal" where they write or draw about times they used a strategy successfully.
  - Build a classroom "Calm Toolkit" using the word bank items so students can practice strategies during real moments.
  - Revisit the worksheet later to see if students' calming strategies have changed or expanded over time.