

Name _____



Keeping It Together

Directions: Read the passage below. Then answer the comprehension and reflection questions that follow.

Staying Cool Under Pressure

Lena sat at her group's table, staring at the poster for their history project. The due date was tomorrow, and two of her teammates were arguing about which pictures to use. Her heart started to race, and she could feel herself getting frustrated. For a moment, she wanted to shout to make them stop. Instead, Lena took a deep breath and reminded herself that getting angry wouldn't solve anything.

She calmly said, "Let's each share one idea, and then we'll vote." The group paused, then nodded. Once everyone spoke, they made a quick decision and started working again. By the end of class, the poster looked great, and the group even laughed as they added the finishing touches. Lena felt proud that she had stayed calm, solved the problem, and helped her team finish on time.

Comprehension Questions

1. What was the problem Lena's group was facing?
2. What feeling did Lena start to have when her teammates were arguing?
3. What did Lena do to stay calm instead of yelling?
4. How did the group finally solve their disagreement?
5. What was the result of Lena's calm behavior?

Reflection Questions

6. Think about a time you felt frustrated while working with others. What helped you stay calm?
7. What could you do next time you feel pressure or frustration in a group project?
8. Why is it important to stay calm when working with others?