

## Keeping It Together Answer Key

1. Her teammates were arguing about which pictures to use for the poster.
  2. She started to feel frustrated.
  3. She took a deep breath and chose to speak calmly instead of yelling.
  4. Lena suggested everyone share one idea and then vote.
  5. The group made a decision, finished the project, and worked together successfully.
- 6-8. Answers will vary; acceptable responses should include reflection on calm behavior, teamwork, and emotional control.

### Teacher's Guide

- **Purpose:** Teaches middle school learners how to manage emotions, handle pressure, and promote teamwork through real-life social situations.
- **Differentiation Tips:**
  - Read the passage aloud for auditory learners and discuss vocabulary like "pressure" or "frustration."
  - Provide sentence starters for reflection questions (e.g., "When I feel stressed, I can...").
  - Pair students for peer discussion before independent writing.
- **Engagement Strategies:**
  - Role-play the group project scene and practice different ways to respond under pressure.
  - Have students identify Lena's coping strategies and create posters of their own calming strategies.
- **Extension Ideas:**
  - Invite students to journal about how they handle stress in other settings, such as sports or family life.
  - Connect this lesson to mindfulness exercises by practicing deep breathing or short meditation breaks.
  - Encourage students to create a "Calm Under Pressure" pledge to display in the classroom.