

Name \_\_\_\_\_

## Cool And Calm Choices Answer Key

1. Take a deep breath and say, "It's okay, accidents happen."
2. Ask politely, "Can you please help me get my crayons?"
3. Wait quietly and keep your hand raised until it's your turn.
4. Choose another color or share the marker.
5. Take a break and try again or ask for help.
6. Say "Good game" and try again next time.
7. Use calm words to tell them how you feel or ask a teacher for help.
8. Take slow breaths and wait quietly in your spot.
9. Tell the teacher calmly and drink some water until snack time is over.
10. Cover your ears softly, breathe deeply, or ask to move to a quiet space.

### Teacher's Guide

- **Purpose:** Builds self-regulation, emotional awareness, and impulse control in early learners.
- **Differentiation Tips:**
  - Provide picture cards of "calm choices" (e.g., breathing, asking for help) for non-readers.
  - Allow students to act out each scenario to support kinesthetic learners.
- **Engagement Strategies:**
  - Use role-play to practice calm choices in a fun, safe way.
  - Encourage group discussion about which choices help everyone feel safe and happy.
- **Extension Ideas:**
  - Have students create their own "Calm Choice" posters.
  - Build a "Calm Corner" in class where students can use these strategies when needed.