

Name _____



Steady Reactions

Directions: Read each scenario. Choose the answer (A-D) that shows the best example of self-control and respect.

1. Jordan's friend told a joke that hurt his feelings. Jordan felt angry and wanted to yell. What should he do?
 - A. Yell at his friend so they know he is upset.
 - B. Walk away quietly and take a few breaths before talking.
 - C. Tell everyone else what his friend said.
 - D. Stop being friends without explaining why.
2. Mia's group is working on a science project. Her teammate keeps interrupting her ideas. What should Mia do to show self-control?
 - A. Interrupt back so she can be heard.
 - B. Cross her arms and refuse to talk.
 - C. Walk away and let them finish without her.
 - D. Raise her hand and ask politely for a turn to share.
3. During recess, Leo loses the kickball game. He feels like throwing the ball in anger. What is the best self-controlled choice?
 - A. Take a deep breath and say, "Good game, maybe next time."
 - B. Throw the ball to the fence.
 - C. Argue with the other players.
 - D. Quit and go sit alone.
4. Sarah's little brother accidentally knocked over her art project. She feels frustrated. What should she do?
 - A. Shout at him for being careless.
 - B. Ask an adult to help her calm down before fixing it.
 - C. Refuse to make a new project.
 - D. Push him away and cry.
5. A classmate takes the seat Ethan wanted. He feels annoyed but remembers to use self-control. What is his best response?
 - A. Complain loudly to the teacher.
 - B. Tell the student to move right now.
 - C. Say, "That's okay, I'll find another seat."
 - D. Stare angrily until they move.