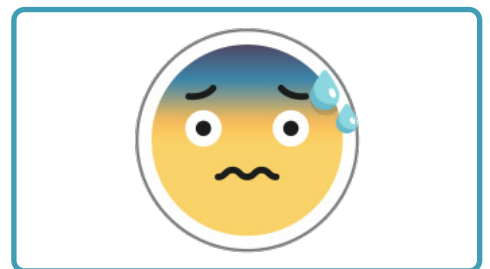
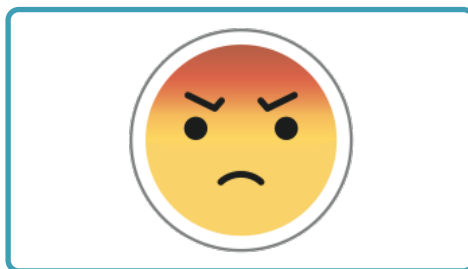
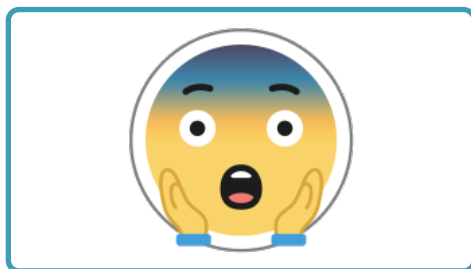


Choosing Calm

Name: _____

Date: _____

- 1 True or False:** Self-regulation helps us to avoid rushing into actions that might cause trouble or hurt someone else.
- 2 Fill in the blank:** To choose calm, we need to _____, pick a calming strategy, and choose how to respond wisely.
- 3** How did Ezra feel when the pop quiz was announced?



A Shocked

B Angry

C Nervous