

MAY 2020



POWERFUL WORDS

CHARACTER DEVELOPMENT

POWERFUL PROJECT

Name: _____

The Powerful Word of the Month is “composure.” Composure means: Keeping calm, steady and in control while under pressure. It’s okay to have big, intense feelings. We don’t want to bottle up those feelings or lash out on those we love because of those feelings. In order to help us keep our composure or return to a sense of calm when our feelings feel overwhelming, we can (1) Know the signs, (2) Prepare ourselves with strategies (3) Use co-regulation strategies and (4) Learn from past experiences. **Fill in the boxes with your answers as they apply to you.**

STEP
01

KNOW THE SIGNS AND CUES

What does intense anger or overwhelm feel like? _____

Where do you feel intense feelings of anger or overwhelm in your body? _____

PREPARE YOURSELF WITH STRATEGIES

Which strategy can you use when you start to feel yourself losing your composure so you can calm yourself down? _____

STEP
02

STEP
03

USE CO-REGULATION STRATEGIES

Sometimes we need help to calm down and regain our composure. Who can help you and how can they help you? _____

LEARN FROM PAST EXPERIENCES

What does NOT help you to calm down? _____

What helps you the most to calm down? _____

STEP
04