



POWERFUL WORDS

CHARACTER DEVELOPMENT

POWERFUL PROJECT

Name: _____

The Powerful Word of the Month is “composure.” Composure means; “Calm brain, calm body!” It’s normal to have big feelings-- and they’re all okay! It’s important to make sure that even though we have big feelings, we stay calm under pressure. When we get really angry or let fear take over, we can do and say things that are hurtful to ourselves & others. It used to be that cave-people needed to use emotions to act quickly to run away or hide from tigers and lions. Since we don’t need to do that today, it’s best to USE OUR THINKER and CALM THE CAVEMAN inside our heads! **Below, circle all our friends who are using great tricks to keep calm when feelings get big. Cross out what does not help to keep our friends calm.**

Ben pounds out and shapes play dough to get his feelings out when he is angry or frustrated.

Sofía screams at the top of lungs at her family and friends when she is feeling angry or scared.

Dahlia was scared and overwhelmed so she talked her feelings out with her mother.

Nia and Andres exercise when their emotions get really big and they are feeling anxious or angry.

Toby takes 3 deep breaths and thinks of a calm, happy place when he is feeling anxious or scared.

Draw or write about one calming strategy YOU use to stay calm when your feelings get really big!

Mikey and Joey hit, kick and punch each other when they get really angry or frustrated.

Simon wraps himself in a blanket and reads a book when he feels angry or scared.

What is one calming strategy you would like to try?
