

TRUE CHARACTER



A Balanced Approach to
Character Development

July

Composure – School Age

Name: _____

Composure means that you are “calm and in control!” When we feel big feelings, it’s important that we stay calm because we know big feelings are normal. When we get angry or afraid, we don’t want to react. We may say hurtful things. Below, how would you stay calm and in control given the situation.

Situation:	You are playing a game with your friends. You think it is your turn, but they say it isn’t and keep playing.	You and your brother are watching TV together. He wants to watch Scooby-Doo. You want to watch Ninja Turtles. He has the remote and just chooses.
What are you feeling	_____ _____ _____	_____ _____ _____
What will you do to stay calm?	_____ _____ _____	_____ _____ _____
How do you solve the problem?	_____ _____ _____	_____ _____ _____
What won’t help you solve the problem?	_____ _____ _____	_____ _____ _____