

TRUE CHARACTER







A Balanced Approach to
Character Development

July

Composure – Young Kids

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, play tic-tac-toe and find all the ways to keep calm. Cross out what does not help you remain calm.

<p>I breathe in like I’m smelling a flower and out like I’m blowing out a candle. This helps me be calm.</p> 	<p>I talk about how I feel with my mom or dad, especially when I’m scared or upset.</p>	<p>When I’m upset, I sit quietly. I don’t talk to anyone. I don’t share how I’m feeling or why.</p> 
<p>I scream and yell at my family when I’m scared.</p>	<p>When my feelings are really big, I use my pillow to pound out my feelings.</p>	<p>When I am angry at my sister, I hit them.</p>
<p>I throw tantrums, yelling, screaming, and throwing things when I get upset.</p> 	<p>I draw or color when I’m feeling scared or angry.</p>	<p>I think of all the things I can do when I’m feeling scared or overwhelmed. Knowing what I can do helps me remain calm.</p> 

What do you do to stay calm?
Draw a picture of what you do.