

## Keeping Calm T-Chart

Module Worksheet # 2

### Teacher's Answer Sheet

Looks Like	Sounds Like
<ul style="list-style-type: none"> <li>• Taking two or three deep breaths</li> <li>• Counting to ten</li> <li>• Walking away from trouble so you can think about how to respond.</li> <li>• Thinking red light (stop), yellow light (think about it) and green light (respond wisely)</li> <li>• Reflecting about how you've responded wisely to anger in the past.</li> <li>• Blowing off steam and energy by jogging or exercising</li> <li>• Listening to the other person and honestly sharing your needs and feelings.</li> <li>• Writing about how you feel</li> <li>• No pointing fingers</li> <li>• Showing respect for myself and others</li> </ul>	<ul style="list-style-type: none"> <li>• "I'm feeling ----- about this. Can we talk?"</li> <li>• "I don't understand why ----- . Can you tell me more?"</li> <li>• "I would like to know why ----"</li> <li>• "I know you probably didn't mean any disrespect, but I felt angry when -----"</li> <li>• "Please don't -----"</li> <li>• "It really bothers me when you ----. I'd prefer -----"</li> <li>• A calm voice; no yelling</li> </ul>