

I Can Stay Calm



by Claire Daniel • illustrated by Julia Patton



SET THEME:

I Am in Control of Myself

Build Social and Emotional Intelligence

When children feel upset or frustrated, help them stay calm by:

- Guiding children to remove themselves from a situation that makes them feel upset or angry.
- Teaching children to recognize signs that they are becoming agitated.
- Inviting children to talk about things that have caused them to lose control, once they have regained a sense of calm.
- Modeling calm behavior and speaking in a controlled manner.

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How to Read This Book with Children

1. Read aloud the title. Discuss what it means to be calm.
2. Read aloud the book with children.
3. Talk about the characters' actions as you read.
4. Ask children to describe how characters feel and explain how they can tell.
5. After reading, use the Real-World Wrap-Up prompts to discuss the photograph.
6. Guide children to connect the story to their own experiences.



Anya

Maddie and I were making necklaces. Mine had long red beads and sparkly blue beads.



“Anya, can you please pass me a blue bead?”
asked Maddie.



I reached for one, but I knocked over
all of the red beads.



Plinkety, plink! Beads were everywhere,
even the ones from my necklace.



I picked up my string. There wasn't
one bead left.



“Look what you made me do, Maddie,”
I cried. “Now everything is ruined!”



Real-World Wrap-Up

My Thoughts:

Do you think this girl feels calm? How can you tell?



My Feelings:

What helps you feel calm?



I Can Stay Calm

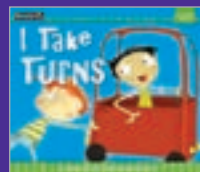
Anya becomes frustrated while working on a project. Can she calm down enough to complete it?



Social and emotional intelligence comprises the abilities and character traits that enable people to work with others, learn effectively, and play important roles in their families and communities.

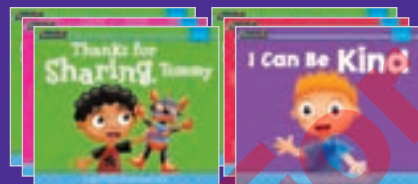
I Am in Control of Myself

This set addresses self-control and responding to situations in ways that can yield positive outcomes.

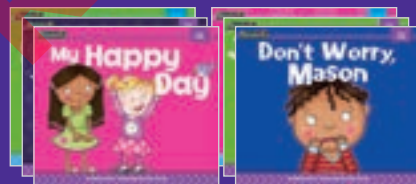


Look for the other sets in this series.

I Get Along with Others



I Have Feelings



I Believe in Myself

